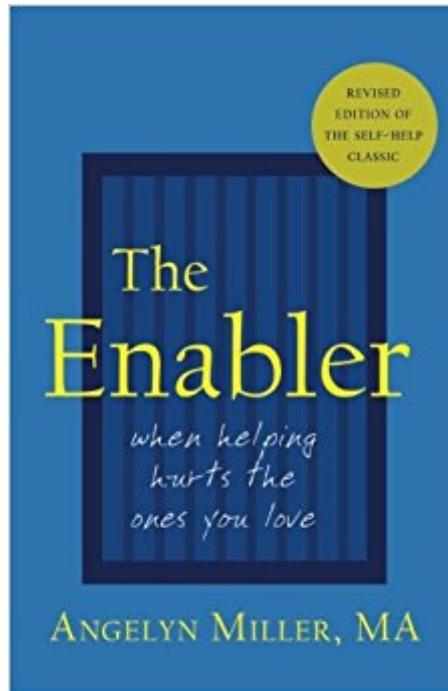




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The Enabler: When Helping Hurts The Ones You Love



Synopsis

Co-dependency -- of which enabling is a major element -- can and does exist in families where there is no chemical dependency. Angelyn Miller's own experience is a dramatic example: neither she nor her husband drank, yet her family was floundering in that same dynamic. In spite of her best efforts to fix everything (and everyone), the turmoil continued until she discovered that helping wasn't helping. Miller recounts how she learned to alter the way she responded to family crises and general neediness, forever breaking the cycle of co-dependency. Offering insights, practical techniques, and hope, she shows us how we can transform enabling relationships into healthy ones.

Book Information

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Customer Reviews

"This is a challenging book. . . . an outstanding testimonial to the benefits that are possible when you recognize that you are an enabler and are willing to take steps to change your behavior. Read it, share it with your family and friends, and put it to good use."-- Jennifer P. Schneider, Author of [Back from Betrayal](#)

Angelyn Miller is a retired professional educator with a bachelor of science degree in human development and family relations and a master of arts in counseling psychology. She and her husband currently live in Arizona.

I really don't like it... BUT I needed to read it.

the book is very helpful and makes you look at the truth. You know the truth, but won't face it square in the eye - this book makes you confront what you already know in your head - the heart is more difficult. I am doing better. My child is in recovery and doing well. I am about taking care of my self at this point - not always easy to put yourself first as a mother. Things may continue to get better with my child, they may not - either way I have to stay on the path of non-enabling.

Faced with a call from my addicted granddaughter , this book stopped me from once more saying and doing the wrong thing. All her life I had pampered her. This tells me how to get out of the enabling trap, for both our sakes

The book was very helpful.

I stopped reading this book for a while, I didn't think it was about me. But I went back to it and found it very helpful. I recommend this book to anyone who feels they have solve other people's problems.

Alice proves/makes a great point but a couple/few examples would have been enough. Not the whole book. And the writing was a little to passionate for a psychological subject.

Good for ideas, but it doesn't fit all enablers.

Excellent book!

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