



## Enabler: when helping harms

*Angelyn Miller*

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Do you confuse being needed with being loved? Do you relate to others by taking care of them? Then you may be an enabler. The enabler protects others from the consequences of their actions. But by always taking responsibility for those around them, enablers hurt the very people they love most. This sensitive and insightful book, written by a recovered enabler, shows how enabling relationships can be transformed into healthy ones.

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