



The White Knight Syndrome: Rescuing Yourself from Your Need to Rescue Others

Marilyn Krieger, Mary Lamia

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Do you find yourself attracted to people who are helpless, vulnerable, or damaged, or feel like you always end up taking care of your romantic partners? If you fall into this relationship pattern, you're likely a white knight—a person who tends to seek out partners who need rescuing. White knights hope to receive admiration, validation, or love from their partners, but ultimately end up cheating themselves out of emotionally healthy relationships.

Ready to come to your own rescue? **The White Knight Syndrome** will help you:

- Discover why you attract or seek out needy or damaged partners
- Find out what type of white knight you are
- Recognize the unhealthy ways you try to meet your partner's needs while ignoring your own
- Channel your energies into building balanced, healthy relationships

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Lisa Knight:

A lot of people always spent all their free time to vacation or perhaps go to the outside with them family or their friend. Do you know? Many a lot of people spent they free time just watching TV, or maybe playing video games all day long. If you need to try to find a new activity that's look different you can read any book. It is really fun in your case. If you enjoy the book that you read you can spent all day every day to reading a reserve. The book The White Knight Syndrome: Rescuing Yourself from Your Need to Rescue Others it is extremely good to read. There are a lot of people who recommended this book. They were enjoying reading this book. If you did not have enough space to develop this book you can buy the particular e-book. You can m0ore simply to read this book out of your smart phone. The price is not too costly but this book features high quality.

Kim Marshall:

People live in this new morning of lifestyle always make an effort to and must have the free time or they will get great deal of stress from both day to day life and work. So , once we ask do people have extra time, we will say absolutely indeed. People is human not really a robot. Then we ask again, what kind of activity do you have when the spare time coming to an individual of course your answer will probably unlimited right. Then ever try this one, reading books. It can be your alternative throughout spending your spare time, the actual book you have read is definitely The White Knight Syndrome: Rescuing Yourself from Your Need to Rescue Others.

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Monique Hightower:

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