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Beyond Caretaking: Balancing Giving with Self-Care (Volume 4)

Jay Earley PhD

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Do you feel that your needs don't really count?
Do you take care of other people, but no one seems to care about you?
Are you surrounded by people who need you?
Do you bend yourself out of shape so that no one is uncomfortable?
Do you try to help someone with an addiction in a way that makes it worse?

With *Beyond Caretaking*, you can learn to...
Be in touch with your needs.
Ask for what you want.
Set limits so you have time for yourself.
Allow people to take care of themselves.
Have your personal power and your connections with people.

Do you find yourself **always concerned about other people's needs**? Is your self-worth dependent on being needed?

If you answered yes to some of these questions, you are one of the many people struggling with the **Caretaking Pattern**. Of course, it's a good thing to be caring and helpful to people and make them feel good, but maybe you go overboard in this direction.

Do you go out of your way to make sure that you don't cause anyone discomfort? Do you find yourself trying to help someone with an addiction, but you just enable them to continue? Do you believe that you know better than other people how they should run their lives?

Your urge to take care of people may come more from a need for self-esteem or a fear of being rejected or judged than from simple, heartfelt caring. You may be **completely ignoring your own needs** in favor of everyone else's. You may not really be helping the people you care about. You might even be infantilizing someone by not believing that they can handle their own life.

If you are tired of this pattern and would like to make a change, this book is for you. It will help you understand the fears and needs that are behind your Caretaking. These fears are usually unconscious and come from unresolved childhood pain.

This book will help you to **work through your fears** so you can learn to take care of yourself. It will help you set up a practice for letting go of caretaking. It will help you learn how to **become more attentive to your own needs** and trust other people to take care of themselves. You can make this change **without giving up your genuine caring for people**.

This book will help you to know what you need and to take initiative to get it, while still being attentive to other people's needs. You will have an equal say in what happens, and people will take you seriously.

This doesn't mean that you will stop caring about other people and wanting the best for them. However, you won't be doing this from a place of fear or need. When you do care for people and help them to feel good, it will come purely from a loving place in you. You will **care for yourself and your needs** as well, and you'll also be respecting other people's ability to take care of themselves.

You will develop the ability to look out for yourself **while still being a kind and loving person**. This book is based on the **Pattern System**, a comprehensive and detailed map of the human psyche.

Beyond Caretaking is more than a book. It includes
* An online workbook
* An online quiz
* Recorded guided meditations
* An online community

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Spent a free the perfect time to be fun activity to complete! A lot of people spent their spare time with their family, or their very own friends. Usually they doing activity like watching television, going to beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Will you something different to fill your current free time/ holiday? Could possibly be reading a book could be option to fill your cost-free time/ holiday. The first thing you will ask may be what kinds of e-book that you should read. If you want to try look for book, may be the book untitled Beyond Caretaking: Balancing Giving with Self-Care (Volume 4) can be very good book to read. May be it might be best activity to you.

Gregory Goolsby:

Why? Because this Beyond Caretaking: Balancing Giving with Self-Care (Volume 4) is an unordinary book that the inside of the guide waiting for you to snap this but latter it will zap you with the secret it inside. Reading this book alongside it was fantastic author who else write the book in such remarkable way makes the content within easier to understand, entertaining approach but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this anymore or you going to regret it. This phenomenal book will give you a lot of gains than the other book have got such as help improving your skill and your critical thinking way. So , still want to hesitate having that book? If I were being you I will go to the e-book store hurriedly.

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This Beyond Caretaking: Balancing Giving with Self-Care (Volume 4) is great guide for you because the content which is full of information for you who always deal with world and have to make decision every minute. This kind of book reveal it details accurately using great arrange word or we can state no rambling sentences inside it. So if you are read that hurriedly you can have whole details in it. Doesn't mean it only offers you straight forward sentences but tricky core information with attractive delivering sentences. Having Beyond Caretaking: Balancing Giving with Self-Care (Volume 4) in your hand like getting the world in your arm, data in it is not ridiculous one. We can say that no reserve that offer you world within ten or fifteen second right but this e-book already do that. So , this can be good reading book. Hello Mr. and Mrs. hectic do you still doubt this?

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