



# **Recovery from Rescuing**

Jacqueline Castine

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## **Recovery from Rescuing**

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### Recovery from Rescuing Jacqueline Castine

The volume for anyone who is tired of carrying the burden of caring for others. In down-to-earth terms, the author uses well-tried guidelines to show how to grow from the burn-out of over-responsibility to the freedom of letting go. (Holism)



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