

Detachment and Enabling



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Reviews

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(Kevin Bergstrom Sr.)

DETACHMENT AND ENABLING



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Hazelden Information & Educational Services. Paperback. Book Condition: new. BRAND NEW, Detachment and Enabling, Rebecca D. Chaitin, Judith M. Knowlton, "Detachment and Enabling" combines two classic, user-friendly texts designed for loved ones of addicts and alcoholics. After you have done all you can to help a chemically dependent person and he or she continues to drink or use, it's time to detach. Detachment tells us how we can continue to love someone who is chemically dependent and, at the same time, no longer focus on that person's behavior. It is about taking back our lives. Enabling describes the problems we can encounter when we focus on the alcoholic or addict in order to keep peace at any price. The authors encourage us to consider if we are really helping the alcoholic or ourselves when we prevent the alcoholic from feeling the true consequences of his or her actions.



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