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nonsense, provides  
lots of useful hints on  
how to put this self-  
care model into  
practice while at the  
same time informing  
thoroughly and in no  
uncertain terms about  
the BP/NP's view of  
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helpful book!

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emotionally caretake  
a borderline or  
narcissist give up  
their sense of self to

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illness that primarily  
affects their intimate,  
personal, and family  
relationships. Often  
they appear to be



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normally functioning  
at work and in public  
interactions, and  
Narcissists may even  
be highly effective, in  
the short term, in  
some work or social  
situations.

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often the caretaker  
thinks he or she  
causes everything  
that happens in the  
relationship including  
the BP/NP ' s  
feelings, reactions,  
and ...

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Are you who are  
overly empathetic,  
self-sacrificing,  
generous,  
perfectionistic,  
deferential, more  
willing to put other's  
needs before your  
own, and

uncomfortable with  
conflict? Then you  
are more vulnerable  
to being emotional  
caretaker, according

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to Margalis Fjelstad's  
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(Rowman &  
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As a seasoned therapist, Margalis Fjelstad brings insight, compassion and good advice to people who have become caretakers to a borderline or narcissist. She shares techniques to neutralize crazy-making rules, set limits and boundaries,

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they appear to be normally functioning at work and in public interactions, and Narcissists may even be highly ...

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caretakers believe  
that if they could just  
find the right words,  
voice inflection, or  
explanation, they  
could get the  
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