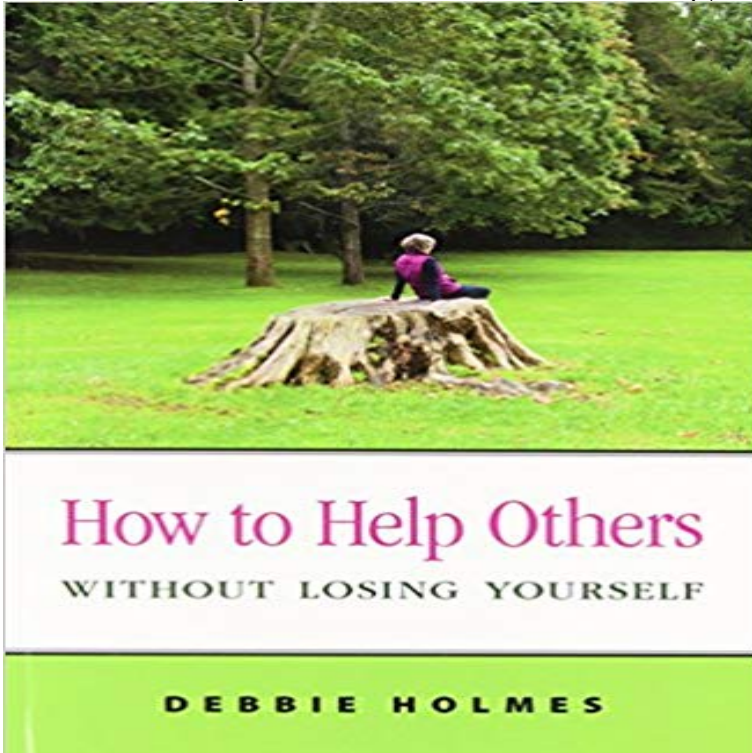


## How to Help Others Without Losing Yourself



In *How to Help Others without Losing Yourself*, you will learn to assess whether the decisions you make will drain you or energize you, evaluate your own needs, regain control of your boundaries and keep them healthy, and finally, give yourself permission to recharge. By adopting these strategies of self-care, you will function more successfully over the long term within your chosen helping profession; you will be an expert on *How to Help Others without Losing Yourself*.

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