



# The White Knight Syndrome: Rescuing Yourself from Your Need to Rescue Others

*Mary C. Lamia, Marilyn J. Krieger*

Download now

[Click here](#) if your download doesn't start automatically

# The White Knight Syndrome: Rescuing Yourself from Your Need to Rescue Others

Mary C. Lamia, Marilyn J. Krieger

**The White Knight Syndrome: Rescuing Yourself from Your Need to Rescue Others** Mary C. Lamia, Marilyn J. Krieger

## Rescuing others, losing yourself.

Are you a white knight? Are you attracted to needy, damaged, or helpless people? Do you feel like your love can heal your partner? Are you overly involved in your partner's problems? Are you hungry for constant reassurance in relationships? Do you make excuses for your partner? Do you try to "save" people from themselves?

In legends and fairytales, the white knight rescues the damsel in distress, falls in love, and saves the day. Real-life white knights are men and women who enter into romantic relationships with damaged and vulnerable partners, hoping that love will transform their partner's behavior or life—a relationship pattern that seldom leads to a storybook ending.

If this dynamic sounds familiar to you, you may be a white knight; hoping to receive admiration, validation, or love from your partners, but managing only to cheat yourself out of emotionally healthy relationships. It's time to come to your own rescue, and this book can help.

With well-written analysis, engaging insight, and salient case studies, *The White Knight Syndrome* is a much-needed and well-executed guide to understanding and resolving the white knight syndrome in yourself.

 [Download The White Knight Syndrome: Rescuing Yourself from ...pdf](#)

 [Read Online The White Knight Syndrome: Rescuing Yourself fro ...pdf](#)

## **Download and Read Free Online The White Knight Syndrome: Rescuing Yourself from Your Need to Rescue Others Mary C. Lamia, Marilyn J. Krieger**

---

### **From reader reviews:**

#### **Richard Reardon:**

Nowadays reading books be a little more than want or need but also become a life style. This reading habit give you lot of advantages. The advantages you got of course the knowledge the rest of the information inside the book that will improve your knowledge and information. The knowledge you get based on what kind of book you read, if you want have more knowledge just go with training books but if you want feel happy read one together with theme for entertaining like comic or novel. The particular The White Knight Syndrome: Rescuing Yourself from Your Need to Rescue Others is kind of publication which is giving the reader unstable experience.

#### **Ryan Neal:**

Often the book The White Knight Syndrome: Rescuing Yourself from Your Need to Rescue Others will bring someone to the new experience of reading any book. The author style to elucidate the idea is very unique. When you try to find new book to see, this book very suitable to you. The book The White Knight Syndrome: Rescuing Yourself from Your Need to Rescue Others is much recommended to you to study. You can also get the e-book from official web site, so you can more readily to read the book.

#### **Carl Vincent:**

A lot of people always spent their free time to vacation as well as go to the outside with them household or their friend. Are you aware? Many a lot of people spent they will free time just watching TV, or perhaps playing video games all day long. In order to try to find a new activity that's look different you can read a new book. It is really fun to suit your needs. If you enjoy the book that you simply read you can spent 24 hours a day to reading a book. The book The White Knight Syndrome: Rescuing Yourself from Your Need to Rescue Others it is rather good to read. There are a lot of those who recommended this book. We were holding enjoying reading this book. When you did not have enough space bringing this book you can buy the actual e-book. You can m0ore very easily to read this book through your smart phone. The price is not too expensive but this book possesses high quality.

#### **Rosie Zimmerman:**

Precisely why? Because this The White Knight Syndrome: Rescuing Yourself from Your Need to Rescue Others is an unordinary book that the inside of the book waiting for you to snap that but latter it will shock you with the secret the idea inside. Reading this book next to it was fantastic author who else write the book in such amazing way makes the content on the inside easier to understand, entertaining technique but still convey the meaning fully. So , it is good for you because of not hesitating having this any longer or you going to regret it. This book will give you a lot of positive aspects than the other book have such as help improving your expertise and your critical thinking approach. So , still want to hold off having that book? If I were being you I will go to the publication store hurriedly.

**Download and Read Online The White Knight Syndrome: Rescuing Yourself from Your Need to Rescue Others Mary C. Lamia, Marilyn J. Krieger #75FR62EWXU9**

## **Read The White Knight Syndrome: Rescuing Yourself from Your Need to Rescue Others by Mary C. Lamia, Marilyn J. Krieger for online ebook**

The White Knight Syndrome: Rescuing Yourself from Your Need to Rescue Others by Mary C. Lamia, Marilyn J. Krieger Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The White Knight Syndrome: Rescuing Yourself from Your Need to Rescue Others by Mary C. Lamia, Marilyn J. Krieger books to read online.

### **Online The White Knight Syndrome: Rescuing Yourself from Your Need to Rescue Others by Mary C. Lamia, Marilyn J. Krieger ebook PDF download**

**The White Knight Syndrome: Rescuing Yourself from Your Need to Rescue Others by Mary C. Lamia, Marilyn J. Krieger Doc**

**The White Knight Syndrome: Rescuing Yourself from Your Need to Rescue Others by Mary C. Lamia, Marilyn J. Krieger Mobipocket**

**The White Knight Syndrome: Rescuing Yourself from Your Need to Rescue Others by Mary C. Lamia, Marilyn J. Krieger EPub**