

# **Unhealthy Helping A Psychological Guide To Overcoming Codependence Enabling And Other Dysfunctional Giving**

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## **Unhealthy Helping A Psychological Guide**

As much as we would like to believe that we are in complete control of our actions, the truth is that a large portion of our behavior is dictated by our habits and impulses. Research suggests that ...

## **New Research Tells Us How To Take Back Control Of Our**

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## **Bad Habits**

As a fulltime secret keeper, an occasional mental health speaker, and writer, I've heard thousands of bad stories ... One of the pioneers in psychology, Dr. Albert Bandura (he died in 2021 ...

## **Why Good People Can Do Awful Things and Why They May Ignore the Bad**

Author Morgan Housel joins Motley Fool host Alison Southwick and Motley Fool retirement expert Robert Brokamp to talk about the speculative boom that caused the Great Depression, and how those lessons ...

## **Lessons From the Great Depression**

One skill that separates good investors from bad investors – and great investors from those who are merely good – is the ability to understand the role that psychology plays in investing.

## **Five ways to use the psychology of investing to profit**

A mindset that accepts bad ... can help you make better decisions. As I wrote in my latest book Brave, it takes guts to trust your gut and the more often you do, the better it can guide you.

## **Six Things Lucky People Do That Others Don't**

A vacation may help you manage burnout, build empathy, and more. Here's why experts say you should start planning your next trip.

## **5 Ways Travel Is Good for Your Mental Health**

If you find yourself overwhelmed by regrets, or one particular regret, then the approaches below might help ... See a bad decision as an opportunity to learn. Let your regrets guide you to make ...

## **Why it is good to feel regret**

Therapy can be a life-changing first step in taking control of your mental wellness – but the task of finding a therapist who is a good fit for you can feel daunting. Here's everything you need to ...

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## **The Beginner's Guide to Finding a Therapist**

Instead, they're caused due to an interplay of biological, psychological and social factors ... be it helplines or mental health professionals, help is always available. Here's a six-step guide on ...

## **Six-step guide for mental health diagnosis**

Trying to figure out a path forward, let alone focus on getting work done, in the face of a continuous stream of devastating news can feel impossible. Chances are that your team is feeling a host of ...

## **Supporting Your Team When the News Is Terrible**

Not only does overthinking waste precious time and keep you from moving forward but it can also lead to worse decisions and hurt your health.

## **This step-by-step guide will help you make better decisions faster**

"Losing love can cause emotional and psychological ... of love can help them learn coping techniques, boundaries, healthy attachment, self love and empowerment. "To avoid unhealthy relationship ...

## **How you can help your teenager through their first heartbreak**

In this guide, you'll get a few cyber defense tips that help you stay safe ... That's why scammers rely on psychological tricks like spear phishing. They'll impersonate your coworkers ...

## **3 reasons storing sensitive files in Google Drive is a bad idea**

Octavian shared the news on social media while offering his "deepest apologies" to those hurt by his "rude" and "disrespectful" behavior.

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