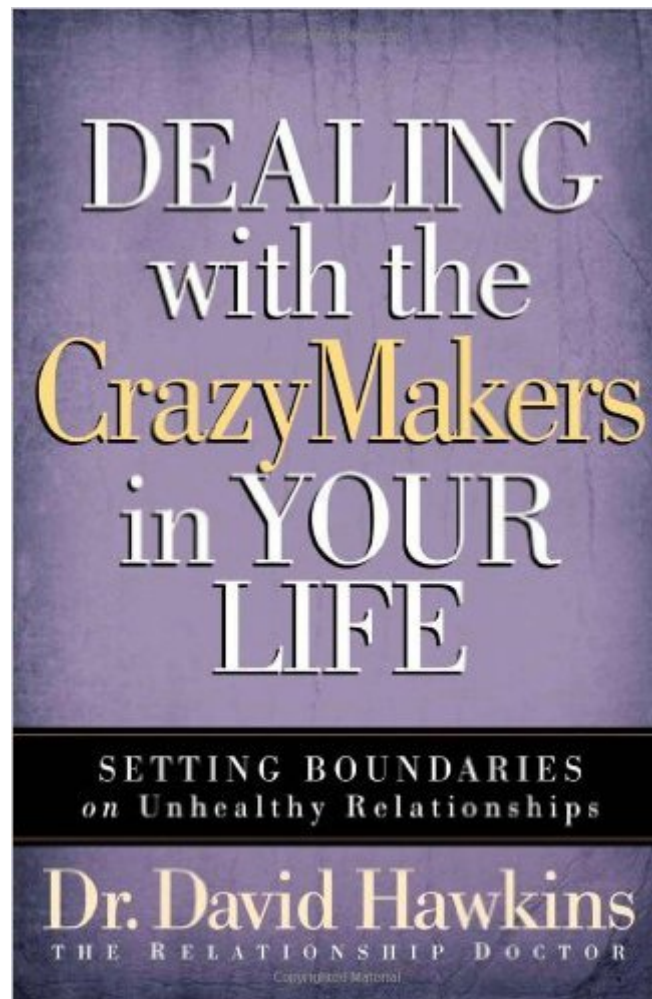


The book was found

Dealing With The CrazyMakers In Your Life: Setting Boundaries On Unhealthy Relationships



Synopsis

Some of the most difficult people to deal with are those who fail to take responsibility for their lives and who wreak havoc in their relationships. Author and relationship doctor David Hawkins offers help for those caught unavoidably in the craziness of a disordered person's life. With clear explanations, examples, and real life solutions, Hawkins shows readers how to develop healthy life skill tools and boundaries when, why, and how to confront a person who drives them crazy how disordered people think, act, and see the world. Anyone trapped in another person's cycle of disorder will discover ways to change their own response, perspective, and communication, and ultimately will find the hope of peace in the chaos.

Book Information

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Customer Reviews

I absolutely enjoyed this book. It has cleared up many thoughts feelings and perceptions and given me the best clarity on the CRAZY MAKERS that we encounter and have to cope with in life. This wisdom and spiritual strength in Davids wealth of knowledge book hits right on and gives clear direction as to how to cope and handle the CRAZIES while keeping your sanity. The best way is avoidance in any situation but often that is not a given path so being informed and equipped helps you maintain your pace and joy in the midst of chaos and the crazy-makers tactics. I am sharing the best parts of the book that I enjoyed. Page 43 Don't feel, Don't hurt. Don't talk about problems. This is the definition of a crazy-making world because our emotional well-being actually hinges on our ability to talk about problems, share painful and joyful emotions, and state clearly what we are seeing. To learn to be numb is the beginning of craziness. A large part of the answer, for both the

crazy-maker and for family members and friends, is to "come-alive", to turn on our "chaos detectors" and recognize when we are numbing ourselves instead of sharing our feelings. This includes regaining the ability to speak and rename the truth. We cannot do this if we are numb and entrenched in denial or if we are firmly enmeshed in the crazy-maker's world. Healing begins with the smallest step of awareness. Page 46 The Egotist One who immediately launches into a conversation about himself- the ones so full of themselves that they have little room for you. Having a balanced conversation with them is impossible.

This is the third book I have read recently on the "crazy-maker" personality and how they impact those who are around them. Of the three, I think I liked this one the best but the other two were also very good ("Safe People" by Cloud and Townsend and "Who's Pushing Your Buttons" by John Townsend). Reading all three of these together was very helpful and validating. Each has a slightly different approach/theme, but worked together well and complimented each other. This book has three main sections: 1) Crazy-Making People -- helps identify the crazy-makers in your life and the various varieties there are. All crazy-makers aren't the same. Some are aggressive, control freaks who make you crazy through their aggression. Others are sufferers who drive you up a wall by their inability to deal with anything in life and are the victim in every situation. Other types are also identified so you can get a handle on why these folks get to you and drive you nuts. 2) Caught in the Crazy-maker's net -- talks about how these people hook you into their lives and draw you into their dysfunctional world. Great section for making sure you don't get trapped with these folks in the future. 3) Breaking Free -- how to set boundaries with these people and identify ways to get out of the trap of craziness. Sometimes you stay and adapt in a way that is healthy and sometimes the best solution is to leave. All of this material is covered with a sense of balance that the reader has enabled this unbalanced relationship in some way and has a part in it. At the same time, the book doesn't in any way let the crazy-maker off the hook. They are responsible for their actions and need to reap what they have sown through their crazy, nutty behavior.

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