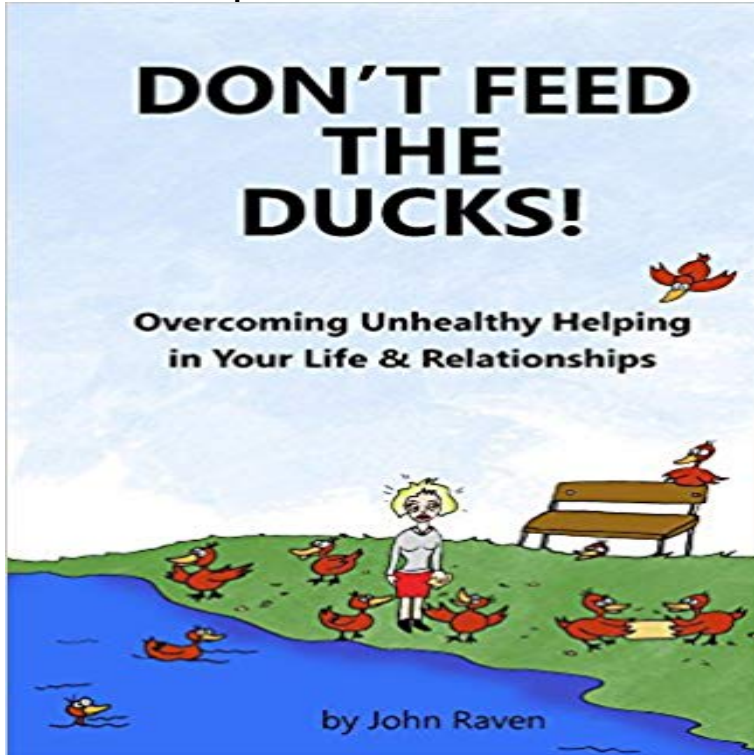


# Dont Feed the Ducks!: Overcoming Unhealthy Helping in Your Life and Relationships



A playful metaphor for a serious topic. Dont Feed the Ducks offers a refreshing new insight for anyone who knows the frustration of poor boundaries, power struggles and codependency. Its the novel idea that with some slight mental adjustments, anyone can become a more effective partner, helper and human being. With just enough humor to ease this emotionally delicate topic, John Raven guides the reader through the sometimes painful but very much necessary journey of inward self-reflection. Its the affectionate idea that with a lot of self-help and a little bit of self-hurt, everyone can change.

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