



Cold-Blooded Kindness: Neuroquirks of a Codependent Killer, or Just Give Me a Shot at Loving You, Dear, and Other Reflections on Helping That Hurts

Barbara Oakley

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In this searing exploration of deadly codependency, the author takes the reader on a spellbinding voyage of discovery that examines the questions: Are some people naturally too caring? Is caring sometimes a mask for darker motives? Can science help us understand how our concerns for others can hurt everything we hold dear? This gripping story brings extraordinary insight to our deepest questions. Is kindness always the right answer? Is kindness always what it seems?

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