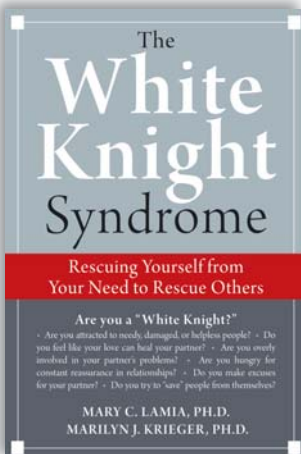


THE WHITE KNIGHT SYNDROME

MARY C. LAMIA, PH.D., AND MARILYN J. KRIEGER, PH.D.

Are You A "White Knight?"

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



If you're spending your life **rescuing** others, perhaps the one who needs **rescuing** is **you**.

Call them rescuers, fixers, or enablers, it all means the same thing: someone who has devoted his or her life to making another person whole while ignoring their own emotional needs. "White Knights", as psychologists Mary Lamia and Marilyn Krieger call them in their book ***The White Knight Syndrome: Rescuing Yourself from Your Need to Rescue Others***, are men or women who are attracted to seemingly weak, damaged, and vulnerable partners. Lamia and Krieger identify and explore this common relationship pattern and help white knights to build the skills they need to develop healthy, balanced relationships.

The White Knight Syndrome will help those who have made an occupation out of trying to "save" their partners to finally, at long last, come to their own rescue. If you are a white knight Lamia and Krieger can help you to:

- Discover why you attract or seek out needy or damaged partners
- Find out what type of white knight you are
- Recognize the unhealthy ways you try to meet your partner's needs while ignoring your own
- Channel your energies into building balanced, healthy relationships

"Lamia and Krieger have hit the nail on the head by identifying a major problem in contemporary relationships—the compulsive need to rescue."

— **Ronald F. Levant, Ed.D.**, past president of the American Psychological Association

FOR INTERVIEWS OR REVIEW COPIES CONTACT

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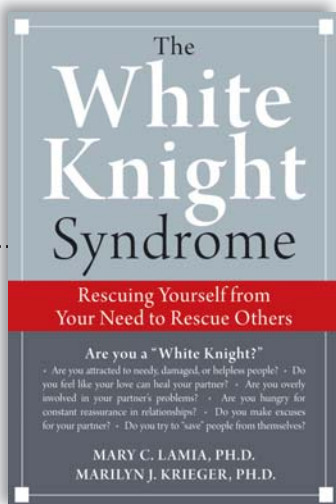
Rescuing Yourself from Your Need to Rescue Others

Mary C. Lamia, Ph.D., and Marilyn J. Krieger, Ph.D.

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THE WHITE KNIGHT SYNDROME

Rescuing Yourself from Your Need to Rescue Others
MARY C. LAMIA, PH.D., AND MARILYN J. KRIEGER, PH.D.

About the Authors

Mary C. Lamia, Ph.D., is a clinical psychologist and psychoanalyst in private practice in Marin County, CA. She is also a professor at the Wright Institute in Berkeley, CA.



PHOTO BY JULIAN PARRIS



NORBERTPHOTOGRAPHY.COM

Marilyn J. Krieger, Ph.D., is a clinical psychologist in private practice in Marin County, CA.

Visit them online at www.whiteknightsyndrome.com

“The White Knight Syndrome is unique among psychology books because it is so well-written. The case descriptions are engaging, and the ‘Thinking About It’ sections brilliantly incorporate the reader’s experience into the dialogue so that the material presented becomes personally relevant. The White Knight Syndrome is a great piece of work.”

— **Sylvia Boorstein, Ph.D.**, psychotherapist and founding teacher at Spirit Rock Meditation Center in Woodacre, CA, author of *It’s Easier Than You Think* and *Happiness Is an Inside Job*

Interview Questions

1. How do you define a “white knight”?
2. What type of person is most likely to become a white knight?
3. Are white knights more likely to be men or women?
4. Could you explain the different types of white knights?
5. What motivates a white knight to constantly try to rescue his or her partner?
6. People who are white knights may not realize that they have this relationship pattern. What are some signs that you may be a white knight?
7. The balanced rescuer you describe in your book seems, well, balanced. Is a being a balanced rescuer such a bad thing?
8. In Chapter 4 you discuss the effects of white knight self-protection. Could you explain what this is and what its effect is on a white knight’s relationships?
9. What is the first step a white knight should take towards rescuing themselves?
10. Why is it important for a white knight to develop a healthier self-esteem?

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