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HEALTH & WELLNESS



Straight Talk with Sandra Reich
Archives Available
January 10th 2019: When Being the Hero
Becomes Harmful

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Superheroes, white knights, saviors. They are the stuff of the best storybooks, aren't they?!? What could possibly be wrong with wanting to be a rescuer? Sadly, in personal relationships, the compulsion to rescue others or be the hero can be very damaging to both partners. The rescue itself can be from anything – unhappiness, financial chaos, substance abuse, depression, abuse, medical issues, or a wounded past. While it can be noble to help a friend or partner through such tragedies, becoming the hero can turn into a dark addiction for the rescuer. Do you feel compelled to rescue others?

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Featured Guest



Georgia Dow

Georgia Dow, MA specializes in treating anxiety and stress management for both children and adults as a top Psychotherapist at The Montreal Center for Anxiety and Depression. She is also the Co-Director of Anxiety Videos with Straight Talk's Sandra Reich. With over 20 years of experience in teaching and counselling-- Georgia has helped innumerable clients overcome anxiety successfully.

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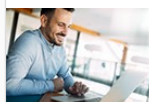
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