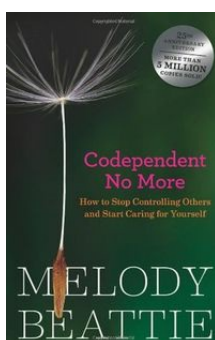


CODEPENDENT NO MORE: HOW TO STOP CONTROLLING OTHERS AND START CARING FOR YOURSELF

Is someone else's problem your problem? If, like so many others, you've lost sight of your own life in the drama of tending to someone else's, you may be codependent-and you may find yourself in this book. The healing touchstone of millions, this modern classic by one of America's best-loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life. With instructive life stories, personal reflections, exercises, and self-tests, Codependent...



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Codependent No More: How to Stop Controlling Others and Start Caring for Yourself

Author	Melody Beattie
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Peek Inside the Book

Many codependents, at some time in their lives, were true victims of someone's abuse, neglect, abandonment, alcoholism, or any number of situations that can victimize people. We were, at some time, truly helpless to protect ourselves or solve our problems. Something came our way, something we didn't ask for, and it hurt us terribly. That is sad, truly sad. But an even sadder fact is that many of us codependents began to see ourselves as victims. Our painful...

Reader's Opinions

This was an interesting recommendation from a counselor in my office. It is geared more to spouses of alcohol and drug dependant people, however I have discovered a lot of good information. It is a way to help see how we give too much to the toxic people in our life and some people are just bad people. I do