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Codependent No More How to Stop Controlling Others and

Codependent No More recovery has begun for millions of individuals with this straightforward guide. Through personal examples and exercises, readers are shown how controlling others forces them to lose sight of their own needs and happiness.

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We don't have to take things so personally. We take things to heart that we have no business taking to heart. For instance, saying If you loved me you wouldn't drink to an alcoholic makes as much sense as saying If you loved me, you wouldn't cough to someone who has pneumonia.

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Codependent No More by Melody Beattie is a groundbreaking book to help people out of the codependency loop. In the process, it's also a good explanation (but not excellent) of the dependency/codependency phenomenon.

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About Melody Beattie Melody Beattie is one of America's most beloved self-help authors and is a

household name in addiction and recovery circles.

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About Melody Beattie

Melody Beattie is one of America's most beloved self-help authors and a household name in addiction and recovery circles. Her international bestselling book, Codependent No More, introduced the world to the term codependency in 1986.

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Codependent No More: How to Stop Controlling Others and Start Caring for Yourself [Melody Beattie] on Amazon.com. *FREE* shipping on qualifying offers. 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

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Melody Beattie is one of America's most beloved self-help authors and a household name in addiction and recovery circles. Her international bestselling book, Codependent No More, introduced the world to the term "codependency" in 1986.

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Melody Beattie's Codependent No More was the foundation for her new twelve step program called "Co-dependents Anonymous" to focus further on the issue and give even more alternatives to help you be happier. P.S. Codependent No More is an extremely helpful book that will aid you get rid of your codependency issue and help you evolve as a human and reach a state of pure bliss. The Time for

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Melody Beattie Shares Her Personal Story of Recovery

Author of Codependent No More shares her story with author Benny Hinn on this episode of Speaker Monday with the Monty'man.

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