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Characteristics of Codependent People by Melody Beattie. Caretaking: Codependents may: think and feel responsible for other people for other people's feelings, actions, choices, wants, needs, well-being, lack of well-being, and ultimate destiny.

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Codependent No More Book Summary Review in PDF

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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Like Gratitude isn't a tool to manipulate the universe or God. It's a way to acknowledge our faith that everything happens for a reason even if we don't know what that reason is. ~Melody Beattie, 52 Weeks of Conscious

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