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I highly recommend Codependency for Dummies. I have complex PTSD. Over a period of years, I have read many books, articles and taken classes regarding the various subjects that affect psychological/emotional healing, trauma, self-development, addiction, psychoanalysis, etc.

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What Is Codependency? - A wealth of info on Codependency Symptoms and Codependency Recovery provided by Darlene Lancer, author of Codependency for Dummies. Main menu. 8 Steps to Freeing the True You and Codependency for Dummies, click on the covers to buy at Amazon.

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