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Codependent No More contains dozens of real-life examples, personal reflections, exercises, and self-tests to help you along the road to recovering your own life.

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Codependent No More has 22,624 ratings and 898 reviews. Lara said: Found this really helpful. Over the years, Melody Beattie has become well-known in the world of self-help literature. After turning away from a life of addiction and suffering, Melody shared her own story in order to help others change theirs. Quotes from Codependent No

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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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Codependent No More Audiobook by Melody Beattie

Codependent No More was the debut book of best-selling author Melody Beattie. Beattie's book became a phenomenon of the self-help movement, selling over eight million copies, six million of them in the United States.

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