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Melody Beattie, one of the seminal figures in the recovery movement, is the author of the international bestseller *Codependent No More*, which has sold over eight million copies and been translated into more than a dozen languages. An expert on codependency, Beattie has written fifteen books, including *Beyond Codependency*, *The Language of Letting Go*, and *The Grief Club*, and lectures

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Relationship Killers Anger and Resentment What Is

You were born into a codependent family. Codependency is transgenerational. I recommend attending Al-Anon and reading *Codependency for Dummies* to learn more about it and how to change your life. What you just described is called the Merry-go-round of Denial, discussed in my book and in Al-Anon literature.

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John Bradshaw author Wikipedia

John Elliot Bradshaw (June 29, 1933 May 8, 2016) was an American educator, counselor, motivational speaker, and author who hosted a number of PBS television programs on topics such as addiction, recovery, codependency, and spirituality. Bradshaw was active in the self-help movement, and was credited with popularizing such ideas as the "wounded inner child" and the dysfunctional family.

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