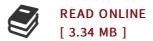




Ya No Seas Codependiente (Paperback)

By Melody Beattie

Grupo Editorial Patria, Mexico, 2012. Paperback. Book Condition: New. 201 x 135 mm. Language: Spanish . Brand New Book. In the June 29th issue of Newsweek magazine Dr. Drew Pinsky named Melody Beattie's Codependent No More one of the four essential self-help books available today, calling it the grandaddy of addiction tomes. Is someone else s problem your problem? If, like so many others, you ve lost sight of your own life in the drama of tending to someone else s, you may be codependent--and you may find yourself in this book--Codependent No More. 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 hold on your life. With instructive life stories, personal reflections, exercises, and self-tests, Codependent No More is a simple, straightforward, readable map of the perplexing world of codependencycharting the path to freedom and a lifetime of healing, hope, and happiness. Melody Beattie is the author of Beyond Codependency, The Language of Letting Go, Stop Being Mean to Yourself, and Playing It by Heart.



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