



## Lost in the Shuffle: The Co-Dependent Reality

---

By Robert Subby

Health Communications Inc. Paperback. Book Condition: New. Paperback. 142 pages. Dimensions: 8.3in. x 5.4in. x 0.5in. Co-dependency is the denial or repression of the real self. It is based on the wrong belief that love, acceptance, security, success, closeness and salvation are all dependent upon ones ability to do the right thing. In the process, the co-dependent denies who he really is. Once addicted, the codependent becomes blind to the reality of his own behavior and to his own self-worth. A witty and well-told story, Lost In The Shuffle is written for those who seek to find themselves and break free of their troubled past and their present addiction to the rules the do-dependent lives by. Robert Subby presents new insights in an earthy, honest manner and shares the process of recovery with all who have been lost in the shuffle. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



**READ ONLINE**  
[ 6.66 MB ]

### Reviews

*Good eBook and useful one. It is amongst the most remarkable ebook i actually have study. You can expect to like the way the article writer publish this pdf.*

**-- Prof. Armand Senger DVM**

*Absolutely essential go through book. It can be rally fascinating throgh studying period of time. You wont truly feel monotony at at any time of your respective time (that's what catalogues are for concerning in the event you question me).*

**-- Roberto Leannon**