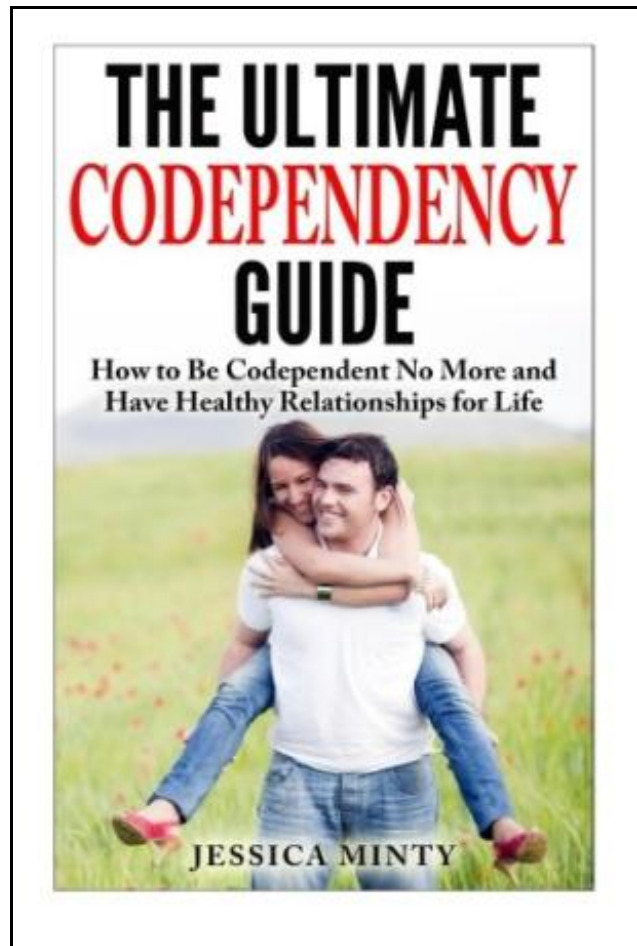


The Ultimate Codependency Guide: How to Be Codependent No More and Have Healthy Relationships for Life



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Reviews

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THE ULTIMATE CODEPENDENCY GUIDE: HOW TO BE CODEPENDENT NO MORE AND HAVE HEALTHY RELATIONSHIPS FOR LIFE

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Createspace, United States, 2014. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Discover How To Be Codependent No More Millions of people around the world suffer from the debilitating effects of codependency. It is more common than our society realizes, temporarily rearing its ugly head at some point in peoples lives and completely encapsulating the lives of others. Codependency transcends cultures; it tears up otherwise perfectly healthy relationships; it can drag you into a vicious cycle; it can trap you in a snare of misery. Codependency is subtly woven through our relationships in some form and varies in its intensity. It s a bitter poison resulting in the slow death of healthy relationships - with ourselves and with other people. It is an ever hungry addiction that may seem foolish to drink from, and we know it, but we still allow codependency to continue to cause us to consume. The damaging and crippling effects of codependency leave us exasperated and disempowered; confused and hopeless; pressed down and unable to break free. But there is hope! The Codependency Guide encourages and inspires us to change. It breaks down the misconceptions of codependency and introduces how to identify the behaviors we practice that allow this demon to negatively affect our lives. It empowers you with the knowledge to achieve the freedom you so desperately crave through an in-depth examination of your emotions and how they play a part in your decision making process. This helpful book provides assessment tools for assisting you in identifying your current codependent relationships and how to create proper outward and inward boundaries. Furthermore, the book describes practical strategies and solutions to the common challenges people face in their everyday lives. At the core of codependency is the...



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