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BOUNDARIES FOR CODEPENDENTS



Hazelden Information & Educational Services. Pamphlet. Book Condition: new. BRAND NEW, Boundaries for Codependents, Rokelle Lerner, So much of recovery from codependence has to do with figuring out where we stop and another person begins. Growing up in an alcoholic or dysfunctional family often prevents us from creating healthy physical, emotional, intellectual, and spiritual boundaries. This pamphlet offers meaningful insight on how to build healthy boundaries.

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- Authored by Rokelle Lerner
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