

*Included:  
A Guide to  
RECOVERY Through  
Mindfulness*

# You're Not Crazy— You're Codependent.

*What everyone affected by:*

- » ADDICTION
- » ABUSE
- » TRAUMA
- » TOXIC SHAMING

*Must know to have peace in their lives*

*2<sup>nd</sup> Edition*

**Jeanette Elisabeth Menter**

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You're Not Crazy - You're Codependent.: What Everyone Affected by  
Addiction, Abuse, Trauma or Toxic Shaming Must know to have peace in  
their lives



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If your life has been suffering from addiction (yours or somebody else's), abuse, trauma or toxic shaming, you may also be fighting another invisible issue - codependency. This easy to understand, interactive resource will reveal how codependency provides sabotaged you, the lies it produced in your beliefs and the truths that expose them. Without your even being aware of the bond to the above problems, it has generated additional life-long issues such as for example endless guilt, stress, perfectionism, need to control, depression, a brief history of dysfunctional interactions plus much more. Once you understand you are not crazy, just dealing with the deep-seated ramifications of codependency, you'll be free of charge to generate the life you were always meant to have. Also included is a Guide to Recovery using simple works of mindfulness to overcome harmful habits in your thinking, actions and options that are keeping you from having peace.



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Only for those living inside a religious framework I bought this book as a gift, but I will not have the ability to give it due to the heavy reliance in religion in this content. The product description should have mentioned the religious framework utilized by the author.. Very hopeful Easy to read therefore to the center of the problem.< I >>... I don't have time to write a review that sufficiently reflects just how much this publication has affected me. It was more beneficial to me than Codependant FORGET ABOUT.? I have quite literally underlined whole passages, and a few pages. They describe me to a tee. And even though this maybe true this book was very hopeful and produced the street ahead seem less daunting. Healing is possible and this book was an excellent step to that. I teach a life skills course to Parolees and this reserve is usually "killing" it (pardon the pun). There have been no page numbers.< I >> It was also satisfaction to know that is a genuine disorder. First off (prior to the good stuff) I have a note. Many thanks Jeanette Menter. After reading reviews and description of the book, I finally got it. This book opened my eyes to why I have become so Co-dependant. I have no idea how to describe it, it's just awesome! I'm sick and tired of the person I was and am spending so much time to finally look after me instead of carrying the pounds of everyone else's problems. Very impressed with you Excellent! Great information I have always known something was not ideal with me, but could under no circumstances pinpoint what that something was. Based on previous relations with significant others, famil and close friends.. Easy read and it flows beautifully. After forty years, I finally recognize that I'm not really crazy and that my activities are based on thinks I grew up. This book is me.I just thought We was a depressed control freak. In no way playing the blame game, it was enlightening to see a pattern in my own family structure that goes back actually before my period. It's almost such as a cycle, and this wonderful publication allowed me to find that. That said, the strategies and confidence I have built up since reading this publication has turned me right into a even more positive person, that really wants to live my life and not depend on living through others through control or manipulation also at a subconscious level. want (not that I know what that's, because I haven't allowed myself to believe in those terms before). This by far is the best book on the topic of codependency. This is the first book I read In my own journey to changing my entire life.maybe not really medically classified, but it is real and it is a routine/addiction that can be broke. I truthfully feel like my center is opened...and my family thanks you as well Best book yet I have already been reading books on codependency and various topics of effects of poor parenting on adults.... I'd certainly recommend this book to anyone who struggles with over-giving of their own time and mental energy and wishes to regain or vastly enhance their life and mental health. This has given me great hope!. Read this book! however i relate with a T! It seriously opened my brain and I'm so excited to keep applying these abilities to my entire life so that I could continue in getting better.. I bought this predicated on the title only. People who have eliminated through a really rough childhood or are experiencing trouble now, there is completely hope! Thanks so much for this eye opener publication that has truly changed just how I'm living my life.. want (not that . If it experienced, I possibly could have made an informed decision not to buy it. Codependency can be an identity, a way of viewing yourself and with regards to everybody else around you. I noticed much trauma as a girl from a father who was dependent on drugs, I got an abusive hubby at age 16 and my mom died of suicide when I was 31. A great reserve to understand about one's self This book has been very useful for me. I've struggled for many years with depression but I appreciate how this reserve helped me to understand to take the time to actually examine myself. Figure out how to forgive myself and others in order to release myself from my very own prison and begin allowing myself to take

pleasure from true happiness. actually allowed me to trust that I didn't have to spend my entire life pleasing all of the people in my life - that I am allowed to be happy and do what < It's amazing! But the best benefit is certainly how positive she actually is throughout the book. I've read several books on codependency even though helpful they still left me feeling like recovery would be a large amount of function and take years and years to see very much improvement. Given that I understand I'm no anomaly - that I'm not just overly judgmental or bitchy - but actually fall right into a behavioral category which can be talked about and worked on, I feel human again. It's divided into sections and tells the reader just how codependency is usually effecting them. Hopefully this will make me an improved person, mother and wife. This book emerged incorrectly formatted from Amazon. Many thanks for this book Elisabeth ! lesson learned it's real It's pretty validating to know you aren't crazy. Excellent This book gave me hope and clarity, the authors honesty and transparency felt like she was authoring my experience to the tee. I found myself highlighting several sentences per page. I have already been in and out of therapy for 10+ years (I'm 25) and have clinical despair, but I've ALWAYS felt that there was something else going on apart from melancholy that I didn't have a term for - something that would describe the behavioral/cognitive thoughts, patterns, and behaviors that didn't modification with my medication.much better than Beattie! What an Awesome Book! Not one spot did I obtain bored or believe it wouldn't advantage me. I didn't actually read anything about it that i NEVER do. It had been sheer gut reaction. This didn't bother me as I go through from cover to cover and utilized a reserve mark to track my place. It helped me experience okay, and courageous, to make the decision never to go to law college, when being a future attorney is all I've allowed myself to end up being the last few years, then one I had considered on and off since I was 9. I read it out loud and we barely read a few sentences when conversation picks up about the topic. I'm still near the beginning of the reserve, and I cannot wait to continue reading it to my class. I believe Codependency may be the underpinnings of all addiction, criminal thinking and stupid choices generally. This should participate every 12 step program no matter what your addiction or hangup or hurt is. Compiled by a recovering codependent to others, she actually explains the "dis ease" with clarity.! I've learned a lot in my small amount of time researching codependence. Many thanks, Jeanette Elisabeth Menter. Fabulous Book. A MUST read! This is actually the start of my life getting about me, and I'm so content that I'm producing these changes now, rather than dying of pressure and suffocation down the road. Very informative specifically for someone just starting to become self aware. It came as the proof copy. It simply wasn't for me, and the pressure was IMMENSE, but strong family members support, and this book, in fact allowed me to believe that I didn't need to spend my entire life pleasing all the people in my life - that I am permitted to be content and perform what < Well. This was Amazon's issue and has no reflection on the quality of the content material or the author. This book is amazing. Becoming shamed as a kid and reading the cover I understood I needed to read it since it felt specific if you ask me.! You can too! When you can - be a sponge a absorb just as much as you can. I'm focusing on being more open-minded and kinder, and it's really made an enormous difference in my own life (and I've just had this publication for around 6 months). There are spaces to reflect and a lot of thought invoking suggestions. I experienced no idea what codependency was; Thank you for this Best book on Codependancy This book is outstanding. Im 33 and this book is the clearest i have read to greatly help me understand and begin to heal from my damaged emotions and also put the wide variety of emotions ive felt for a long time into a category that can be discussed and understood. great book great read



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