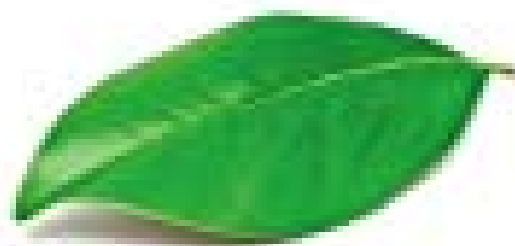


*Author of the Groundbreaking Bestseller*  
CODEPENDENT NO MORE

Melody Beattie

The New  
Codependency



HELP AND GUIDANCE  
*for* TODAY'S GENERATION

*"Melody Beattie is an American phenomenon . . .  
(She) understands being overboard, which helps her throw  
borsening lifelines to those still adrift."* —*Time*

Melody Beattie

## The New Codependency: Help and Guidance for Today's Generation



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In *Codependent No More*, Melody Beattie introduced the world to the word codependency. It's about crossing lines. Feeling resentment after giving isn't the same as heartfelt generosity. Now Beattie has created a followup volume, *The New Codependency*, which clears up misconceptions about codependency, identifies how codependent behavior offers changed, and provides a fresh generation with a street map to wellness. The question remains: What's and what is not really codependency? Punctuated with Beattie's renowned candor and intuitive wisdom, *The New Codependency* can be an owner's manual to understanding how to be who we are and provides us the tools necessary to reclaim our lives by renouncing harmful practices. Now a modern classic, this book established Beattie as a pioneer in self-help literature and endeared her to millions of readers who longed for healthier associations. There are times we do too much, care an excessive amount of, feel inadequate, or overly engage. Twenty-five years later principles such as self-treatment and setting boundaries have grown to be entrenched in mainstream culture. Narcissism and self-love, allowing and nurturing, and controlling and setting boundaries aren't interchangeable terms. In *The New Codependency*, Beattie explores these variations, effectively invoking her very own inspiring story and those of others, to empower us to step out of the victim role forever. These sections, together with a series of exams allowing us to assess the level of our codependent behavior, show that while it may not seem possible today, we have the power to deal with ourselves, regardless of what we are encountering. Each section provides an overview of and a number of activities regarding a particular behavior -- caretaking, managing, manipulation, denial, repression, etc. -- enabling us to personalize our own step-bystep information to wellness. Codependency, she shows, isn't an illness but instead a number of behaviors that once broken down and analyzed could be effectively combated. Beattie here reminds us that much of codependency is regular behavior.



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A new take on helpful ideas I have always been a fan of Melody Beattie's work, and I've benefited enormously from it since the old days of Codependent FORGET ABOUT. I was not interested in how these organizations and treatments have evolved. There have been so many similarities: not really being able to take care of myself, obsessing about other people, looking after everyone's needs (apart from my own, that is), devoid of boundaries. I appeared to be a textbook codependent, except that I did so not try alcoholics. I feel that Beatty does know this procedure and she makes it accessible to anyone who desires change. Very useful! It has all the usual characteristics of her function: \*She uses an empowering tone: of course you may make it. And to become honest, when she describes her existence of a previous junkie, you cannot help thinking: well, if she managed to get out of this mess, Surely I can get out of mine.\* Her book is packed with examples. This book is a reasonably fast read with a narrative tone. Examples allow me to do that. \*There is a lot of practical, right down to earth advice. There is clearly a good amount of good work available for anyone who would like to improve the associations in their existence. Because she does not go back to the fundamentals, I would advise never to read this book without reading initial her earlier work. I would recommend this book highly Life changing. In THE BRAND NEW Codependency, Melody Beattie tackles important concepts she wrote about before (boundaries, looking after oneself, deprivation, control...), but with a higher level of maturity. I hate it. That's it. This is an excellent read. She insists to de-stigmatize codependency, explaining that it is just "normal behaviours, plus", that it's just a stage of grief - and I must say I discover this new idea actually interesting. Bought this to make use of with my clients in treatment. And there is a whole section about emotions that I found actually useful - I am among these folks who have difficulties merely feeling. For anyone struggling with codependence or even addiction problems, this is the best book There is.. Beatty's books were very helpful if you ask me. This publication is definitely a revision of the initial Codependent No More and is meant to expand upon the initial conception of codependence as being in a relationship with an alcoholic. I did so like the quizzes; About a minute I'm reading about her encounter; It is a great purchase. Beattie works well because she's "been there" and has compassion for all those of us who also remain there. I am struggling my way through the reserve and am learning new things everyday. This book is comparable to Bill W's "AA Comes of Age" in that it introduces recovery to a new generation of individuals. Codependent behaviors can occur anywhere and there exists a process of beginning to like myself by getting rid of those behaviors and reactions. THEREFORE I simply went along with what she had to say and read many of her books. Strongly suggested Bit of a rant Big fan of "Codependent No More," but this book did not grab me. It began promisingly enough, but component two focused an excessive amount of on the author's personal reduction as well as a history of self help groups/therapies. I have not been in a relationship with somebody addicted, but I however regarded myself in the description of the Codependent. The kindle version ended extremely abruptly. I am pleased to have this reserve. turn the web page and there is a one series sentence about giving yourself 10 points for each child. Should you have, then it provides additional hindsight and a wiser perspective. No actual summation or summary. The book ought to be essential for anyone who lives in a romantic relationship with an addict or who has problems loving themselves. although, wondered on what data the writer used to base her ranges. Don't hesitate to buy this. Great, quick-ish read. I would recommend other books to check this one. The actual fact of the problem is, I can see problems and solutions so much more easily when I find out about someone else. It's easy to determine codependency through the stories and examples the writer uses. I read this book 1st and "Facing Codependence" by Pia Mellody second. I although two of

them together were an excellent combination as the writing styles and approaches to discussing the subject are different and complementary. I also recommend "Daring Significantly" by Brene Brown as a complement to the main topic of codependency. I needed to see how relationships combine unhealthily, and relinquish the hold my mother has had on me. This writer was suggested by my therapist.) Her observation about people claiming to become independent, but acquiring their cell phone everywhere actually rang a memory space bell for me. RELIEVED Me personally OF STRESS AND Transformed MY LIFE This book really made me think. After her death 18 months ago, I got no idea how exactly to continue. I used to consider my mobile phone to bed, waiting for my then boyfriend to contact and I would have my cellular phone right next to me too, just in case he tried that amount. The New Codependency is among the best ones. Great book. My teacher, today I love this publication (along with Codependent FORGET ABOUT). It's changed my entire life and also provided another wind to my parents who've both struggled with these problems for decades. Honest, Insightful, Helpful I really appreciate the honesty with which this book is written. The author writes about how exactly she started expressing her feelings wherever she was and whenever she needed to do so. Very quick service. I grew up in children that criticized me for expressing any type of emotions, so I speak from experience. I also loved her chapter on obsessing. Haven't received yet Referred to me personally from my therapist (Today, easily could just eliminate poor kind, I'd be ready to go. I chose this reserve in order to understand co-dependency. This publication saved my sanity. The quizzes in the back are very well crafted and helpful. I cannot count the amount of books I've examine which describe my dreadful complications, but then leave me generally there with a vague "well I assume you need therapy" chapter. [...] Codependent people care. Additionally, there are new ideas. Homework to break unhelpful cycles and making healthier cycles for a happier life style. Easy and fun read. I reccomend this book. Love I've read three of her books and I usually get something new every time We read them. Don't talk to me approximately my issues in case you are not able to present one hint of suggestions on how best to solve them. Lifestyle. Changing. Still a fan, so intend to browse the book on grief and any content published. - particularly if you are somebody that is clearly a "helper" and needs to set boundaries Read it! Browse it and apply it to your life.. When I became honest about my codependent behaviors, Ms.see what happens...this is an excellent read. This is a very welcome admission in a lifestyle that all too often criticizes people for expressing their emotions. Happy. My clients share they have learned a whole lot about themselves and the need for self care. There is a chapter about nurturing that I enjoyed - she did not write about it earlier because she did not know what it had been. Very fast service. Five Stars Superb quality and fast delivery! Great Book If you want to get to another level -Read this reserve and comprehend the meanings of all pages. Since obsession is among my own character defects, I was pleased to know that a good kind of obsessing does exist.



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