

The background of the book cover is a dark, textured green. Scattered across the cover are several dandelion seed heads, some in sharp focus and others blurred, creating a sense of depth and movement. The seed heads are light brown and have a feathery, spherical appearance.

AUTHOR OF
THE NEW YORK
TIMES
BESTSELLER
CODEPENDENT
NO MORE

Codependent
No More
WORKBOOK

MELODY
BEATTIE

Melody Beattie

Codependent No More Workbook



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This highly anticipated workbook will help readers put the principles from Melody Beattie's international best seller *Codependent FORGET ABOUT* into action in their own lives. Through hands-on guided journaling, exercises, and self-tests, readers will learn to integrate the time-tested concepts outlined in *Codependent No More* into their daily lives by setting and enforcing healthful limits, developing a support system through healthful relationships with others and a higher power, experiencing real love and forgiveness, letting go and detaching from others' harmful behaviors. Whether fixated on someone you care about with depression, an addiction, an eating disorder, or additional self-destructive behaviors, or somebody who makes unhealthy decisions, this book offers the practical means to plot a comprehensive, personalized way to hope, healing, and the freedom to be your very own best self. In this accessible and engaging workbook, Beattie uses her trademark down-to-earth style to provide readers a Twelve Step, interactive program to avoid obsessing about others by developing the insight, power, and resilience to start out taking care of themselves. The *Codependent No More Workbook* was created for Beattie fans spanning the generations, as well as for those who may not yet even understand this is and impact of their codependency. This highly anticipated workbook can help readers put the principles from Melody Beattie's international best seller *Codependent FORGET ABOUT* into action within their own lives.



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it changed my life in the very best of ways. My sister and I wanted a workbook to work on codependency issues which meet us perfectly. At no point did we feel overwhelmed or discouraged by our struggles like additional books have been. Although, a bit unnecessary, since she's activities at the end of her chapters in the actual book.. will stay staples in my own toolbox for helping boost awareness for clients. I get just as much out of the work book . I acquired this and the standard book and they were a whole lot alike.

Boundaries This book helped me to understand I was not in control of others lives and feelings. Not the fault of the writer, but my fault mainly because I needed to work this reserve for a co dependency that was not based on alcohol so it was less ideal for me than I thought. it changed my life in the very best of ways As a therapist who functions primarily with relationships (family members, couples) & trauma-structured interventions, the co-do forget about book & workbook have & (Real publication) also doesn't adhere to the book order. I first browse the book &Excellent useful book! I get just as much from the work book mainly because I did the book. Upon receiving my first workbook, I was therefore happy to observe how well it complimented the publication! Not really the fault of the writer, but my fault . Sort of plenty of useful information but not really quickly reader friendly nor reflective or journal-like in format.. I first browse the book & Great accompaniment to the book Great accompaniment to the reserve. I am debating purchasing the physical duplicate rather than the kindle edition though, much easier for a workbook Badly named Very little "workbook" here. If your like me, and like to delve deeper in to the subject of what makes us tick, then it's a great accompaniment. Recommend paper version vs Kindle If I had it to do again I would buy the paper version of this instead of the Kindle edition. It's just awkward for me to attempt to flip via an e-edition of a work reserve. The workbook was probably good but I quit. I think this may easily be its own book Definitely worth it Appreciate this book... When the workbook came out, I was very excited. I then found out it had been okay to like without perfection. Great shape Fresh book smell, zero ripped or ragged pages Great service Good book she totally loved it and highly recommends it I bought this as a gift, for a pal, she unquestionably loved it and highly recommends it. I gave the book to a pal and enjoy working in this reserve. It taught me how exactly to let emotions go and move ahead with my entire life. Only the queries are more helpful. Good delivery Very good Great workbook! Ideal companion to the book. Brand new condition This book looks completely new. Very happy with it! Changed my life This book changed my life



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