

MORE THAN 4 MILLION SOLD

Codependent No More



*How to Stop
Controlling Others
and Start Caring
For Yourself*

Melody Beattie

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If so, this book is for you. Is somebody else's problem your problem?



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Codependent No More I am not normally a lover of "self help" titles. I tend to cringe at the thought, and to become honest I was doing just that when this is recommended if you ask me. My kind of codependency has been a caretaker and people-pleaser, often putting myself last to the point of jeopardizing my own heart, mind and soul. Codependent No More did not feel just like helpful information book or advice being thrown around.. I wanted desperately to help the man I loved along with his lifelong addiction and tried for as long as I possibly could." or "I understand this person!". It was soon very apparent that I did so not know very well what being codependent designed. I had always seen this as a negative label stuck on those whose loved one where addicts. Nonetheless it is so much more. In fact this is a problem that results many.. Very educational self help book I absolutely loved this book. Once you learn someone who struggles, go through it. Some people may not suffer severely because it isn't their entirety, their life may involve living with an addict, however they can split their 'self' from that person's problems. This brought so much to light and helped me open up my eyes to points I was either unaware of, ignoring, or denying all together. It empowered me to create change and it feels great! A term not utilized by many in the field of psychology now, but it can be a term most everyone can relate to after reading this reserve.! I thought I acquired learned to control my co-dependence but still need help. This book was a game-changer for me. I've struggled with codependency all of my life rather than knew it. Personally i think like it was discussed me, for me personally. However, I love to keep an open mind therefore i dove in. There is something to be studied from Codependent No More for everyone. Melody is an incredible article writer and her passion for assisting people out of the pit of the illness is legitimate and transparent. She mixes truth, with true to life experiences and enables herself to be vulnerable with us so we can see it is okay for all of us to become vulnerable with ourselves and others. This publication has changed my entire life ! Good book for all those suffering from codependency I enjoyed this publication. The "insights" provided in the book are merely touching upon general knowledge of human behaviour. Game-Changer Book! I believe everyone to some extent has codependent characteristics. Some people may suffer because that is completely who they are, they live their life taking care of addicted people. If you don't understand codependency, go through it. But feel lonely or sad a lot . The end result is, for me, let those addicts take care of themselves. What a waste of period! As I poured through the case studies, I found myself thinking "that's me! Game changer. I feel like it was discussed me This book has saved my entire life. There is no need to end up being an alcoholic or end up being with an alcoholic to reap the benefits of this. If things experience off in your life, take a second to read this. Too many repetitions, far too many generalisations and too many mentions of God. All of us, I believe, have an even of co-dependency. It examine with an eerie sense of familiarity... I experienced no idea I was co-dependent until I picked up this book, that was suggested by way of a friend. I came across myself losing my 'personal' by attempting, that's when I understood I had to release. A shame actually as I was longing for much more. I cannot recommend this name enough.. Time to get happy. I've no regrets. Purchase, read it, read it again. Get ready to reevaluate the way you treat yourself among others. Great book Co-Dependent No Mire helped me to understand my own circumstances and be able to rebuild my life. In case you are struggling, go through it. I already understood I was codependent when I started reading this book but I have learned a lot more about codependency and it explained how I sensed and i could recognize some of my habitual behaviors. Some chapters are hard to learn because you are recognizing a few of this behavior in yourself among others and it's very difficult to look in the mirror but I kept reading the book. Life changing book. Basically the reserve follows an indirect recommend of "put your faith in God" and everything will become good.! also

recommend, "The Individual Magnet Syndrome" by Ross Rosenberg". This is where I came across the name for "Codependent No Even more" Many thanks We am re-reading this phenomenal book after almost 30 years.! Guess I will always be a work happening. Ms Beattie's book did a great service to countless females (and men) who have a have to fix everything, consider responsibility, care for others without regard to their own price of caring. This is a refreshing perspective and examine. I will probably pass the reserve on to ... This book really helped me. I hadn't noticed I was codependent however when I did so I went right into recovery I did NOT wish to be this method therefore i have been spending so much time on my codependent behavior. It empowered me to make change and it feels great! I'll probably pass the publication on to others I know. Read it ! You don't know what you think it's about Great book for all those looking for a wake up call ! I've her devotional as well, in fact it is a God-send to greatly help me through each day. If you've ever I mean ever struggled w anyone who's been abusive or will be the person thinking you just like to help people . I suppose coping with an addict brings about codependent characteristics in everyone, and in varying degrees... Well, it sounded if you ask me like the horoscope things that are so generalised which can be applied to anyone really. Sold as a new book but is certainly used. Suppose to be a new publication. It's got folded down webpages and is certainly used. Not happy at all! Of course, this is a life long journey but this publication a good start. Great shape Great shape Great advise & reads to you! Great information & reads for you! Good service I like it Good book for people struggling with Codependency I have been working on my codependency and found this publication very helpful. Time to get content. I used this publication as my counselor. Let them go and make an effort to recover on their own, live YOUR lifestyle for you. Disappointed! was very excited when I received this book based on the reviews. However, my pleasure started shrinking the even more I read reaching a point of which I was utterly bored to even finish the last handful of chapters. It primarily focuses on the person coping with an alcoholic or an addict, that person in this publication is referred to as the codependent. And the characteristics of codependents? This publication is for you ! I would definitely not recommend this reserve, there are various others which are much superior. The books sounds if you ask me like a lot of fluff that has been put together to generate income, it brought me no worth whatsoever. Guaranteed you can be amazed and it'll help regardless of what your situation is. I came out knowing so much more about human behavior and Personally i think prepared right now to start making the changes essential to be able to have healthy associations with those around me and live a happier lifestyle. It isn't a examine that empowers you, the reader, this is a examine that, in a way, blames you for your behaviour and enables you to transfer your power to an imaginary entity (God)..



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