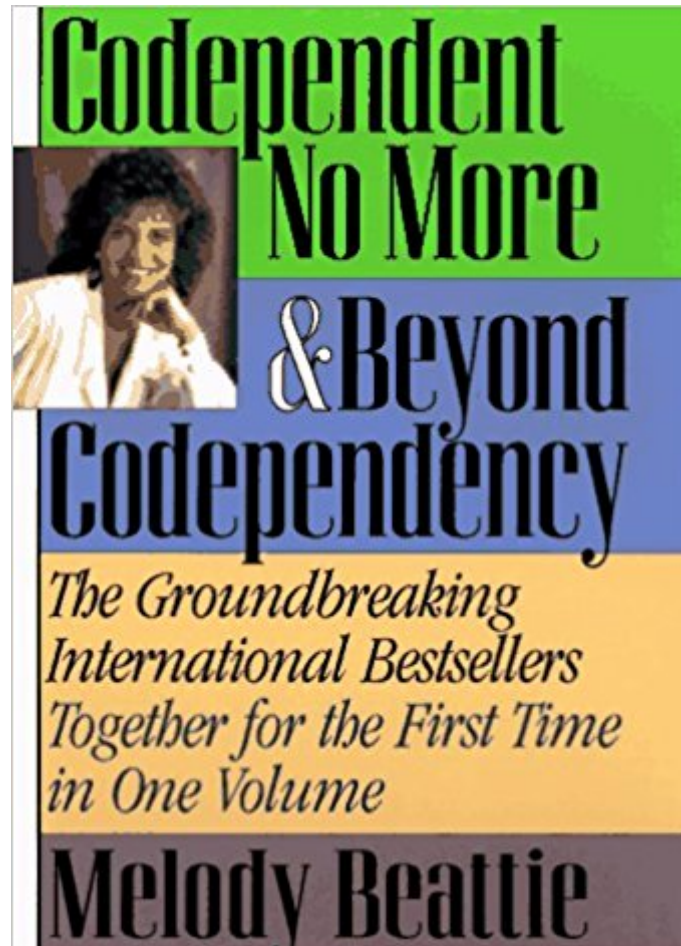


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# Codependent No More & Beyond Codependency



## Synopsis

Gently used hardcover. MJD Books, 1st printing 1992

## Book Information

Hardcover: 492 pages

Publisher: MJF Books; 1st edition (March 1997)

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Product Dimensions: 8.5 x 5.6 x 1.4 inches

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Average Customer Review: 4.5 out of 5 stars Â Â See all reviewsÂ (103 customer reviews)

Best Sellers Rank: #50,654 in Books (See Top 100 in Books) #75 inÂ Books > Health, Fitness & Dieting > Mental Health > Codependency #1365 inÂ Books > Self-Help > Relationships

## Customer Reviews

I have Codependent no more and beyond codependency and found it so helpful during such a difficult time in my life. I came here to order my sister her own copy because I am holding on to mine. When I saw the first review I was very disappointed because I would hate to think someone who needs the help this book has to offer may miss out upon reading that review. Its very annoying to me everytime I hear someone ignorantly say how they dont believe in codependency because its saying if you are loving and giving you are codependent. Thats ridiculous! My husband is an alcoholic and went through rehab at Betty Ford. There is where I had the privelage of going through family week and learning so much. However I fought the codependent label because I just didnt get it at the time. Afterwards during my personal therapy my therapist suggested I read Mealodys books. Thats when the lights came on and suddenly so much became clear to me. There is absolutley nothing wrong with me being a very loving and giving person. However there was a problem with me giving to the point of hurting myself and not taking care of me. Another helpful book is "Boundaries" by Cloud and Townsend. The books wont "fix" you. They can provide you with a wealth of knowlege to help you help yourself. Check out Dr Irene's website for imediate information on codependency. Best of luck to you in changing your life for the better and finding that peaceful place.

This book was recommended to me by my therapist. I had no ideawhy, but in retrospect it may have

been the nicest thing anyone has done for me. I was struggling to make sense of a bad, manipulative relationship, and the book shed light on so many things that had for years baffled me about myself. The second book fills in the cracks left by the first book and explains the recovery process in more detail, whereas the first dealt more in diagnosing the problem. The book deals a great deal with codependent people in relationships with alcoholics and drug addicts, but the information will help anyone dealing with codependency. An excellent overall book on codependency...

Melody Beattie, a former addict, used to hate codependents (which she defines as "people who have let another person's behavior affect him or her, and who is obsessed with controlling that person's behavior"). Codependents are most frequently the family members of alcoholics or drug users, but the definition is broad. Beattie thought codependents were hostile and detrimental to the recovery process. When she went through codependency herself, her eyes were opened to the world that these people live in, and to the potential for recovery if one can identify the problem and take positive steps to improve their life. *Codependent No More* is a quick and easy read, and it will hit home if you have an alcoholic or a codependent (or both) in your life. Beattie provides example scenarios of codependency, expounds upon the traits and self-defeating behaviors of codependency, and provides self-help steps to move beyond codependency. Although this isn't marketed as a workbook, Beattie provides checklists and open-ended questions at the end of each chapter, and a blank journal to record your responses would be an excellent companion to the book. Once you've finished *Codependent No More*, Beattie's next book (included in this two-for-one) *Beyond Codependency* is a guide to the on-going recovery process. It also includes activities/questions to probe the reader's own experience and help him or her get a handle on their situation. These two books are highly recommended and it is terrific that they are available in one volume.

What an important book. Recommended to me by a therapist. It has changed my life. Now I recommend it to others who want to start living theirs. It's excellent, buy it.

These two books have helped me learn how to take care of myself and how to love myself. These books spoke directly to me as if Melody knew me all my life. I read these after entering recovery from addiction only to find I had been codependent since childhood. These books have helped me learn how to be. They are like Life Handbooks that I never got. I am deeply grateful to Melody for these treasures. These books have done as much for me as biweekly visits to a therapist. First,

Codependent No More helped me see the extent of my codependence, which was like a cancer that affected every part of my life. It taught me how to detach with love, how to feel my own feelings, how to own my power, how to accept myself and others. Beyond Codependency really put my recovery into action. It covers in simple concrete unambiguous terms how to deal with family of origin issues, how to set a boundary, how to deal with shame, and how to affirm myself. The chapter titled "Breaking Free" is a personal favorite. How appropriate that these are combined into one. I personally prefer Beyond Codependency, but it is more the nuts and bolts, Codependent No More sets the stage and gives you the big picture. I highly recommend these for anyone who struggles with having healthy relationships.

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Peace through Inner Child Healing Codependency Recovery: Wounded Souls Dancing in The Light  
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