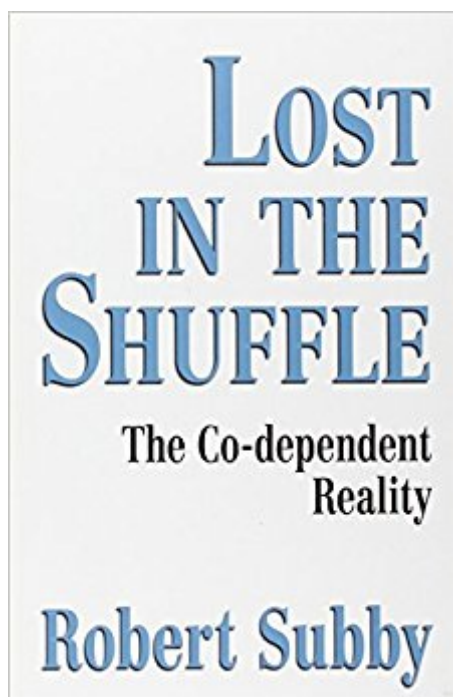


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# Lost In The Shuffle: The Co-Dependent Reality



## Synopsis

"Co-dependency" is the denial or repression of the real self. It is based on the wrong belief that love, acceptance, security, success, closeness and salvation are all dependent upon one's ability to do "the right thing." In the process, the co-dependent denies who he really is. Once addicted, the codependent becomes blind to the reality of his own behavior and to his own self-worth. A witty and well-told story, *Lost In The Shuffle* is written for those who seek to find themselves and break free of their troubled past and their present addiction to the rules the do-dependent lives by. Robert Subby presents new insights in an earthy, honest manner and shares the process of recovery with all who have been lost in the shuffle.

## Book Information

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## Customer Reviews

I have read a lot of self-help books about co-dependency and this book has been the one that always comes to mind for me and the one self- help book that I have recommended to others. It is written in an easy and fun-to-read format, yet covers many aspects of co-dependency in a serious, professional and concise way. I have given several copies to friends and family and highly recommend this book for those who have never read a book on co-dependency, but also for the seasoned self-help book reader.

This book was easy to read and the ideas are presented clearly. The content is not so different from other books on codependence but his nice lists of "common problems of codependents" and rules

of dysfunctional families, e.g., make it quite accessible and an easy read. My only complaint was some (in my opinion) unnecessary foul language. I am not easily offended and that isn't my objection. It just seemed jarring in the context of a serious, yet entertaining, self-help book to have 4-letter words sprinkled throughout for no apparent reason. For me, this really detracted from its message. I'm not talking about graphic sex or anything like that - primarily exclamations, as in: "Oh xxxxx!" If you will be totally distracted or offended by this, then pick a different book. If this won't bother you, then I think it's a worthwhile read in spite of the questionable language.

This is one of the best books ever published with regards to the Co-Dependent Reality & will be used by many for years to come. It is a timeless classic. Well written in layman's terms which makes it invaluable. Thank you Robert Subby.

I read this book twenty years ago. It's since been updated. I bought it to give to a friend who struggles with getting involved with women who aren't good for him. When I read to him the rules of codependency he related to all but one. This book is an easy read but packed full of info to get you thinking and preparing for change.

For anyone just learning about CoDependency and dysfunctional family systems. Easy to read and follow. Good reading for anyone on a journey of self discovery. Have used it in my clinical practice with great success. An oldie but still relevant.

There is a tremendous amount of knowledge and wisdom shared in this very easy read. Robert Subby truly knows how to communicate what the problem of co-dependency is as well as provides solid guidelines to begin your own healing.

The book was okay for people who don't know much or understand codependency. He was good at explaining addictive issues again for folks that have little to less knowledge on the subject. Would recommend for anyone looking to become more aware of the topic.

I had just been hit by a major crisis in my marriage and I was searching for answers to how I had "lost" myself in this relationship. This book was just what I needed as I struggled through abandonment and sadness to have me focus on recovery and acknowledging my hurt inner child from my past. Mr. Subby through his clear and concise writing style as well as personal experience

as a codependent, kept my mind focused on how I might have gotten where I was but also gave me tools to break the cycle. A lot of self-help books are not really helpful and can lose the reader with a lot of psychology speak. This book did not. I would recommend it to anyone; especially as an introduction to codependency; who feels abandoned and that they have lost themselves in relationships and come out of them feeling drained, empty, alone and not knowing really who they are.

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