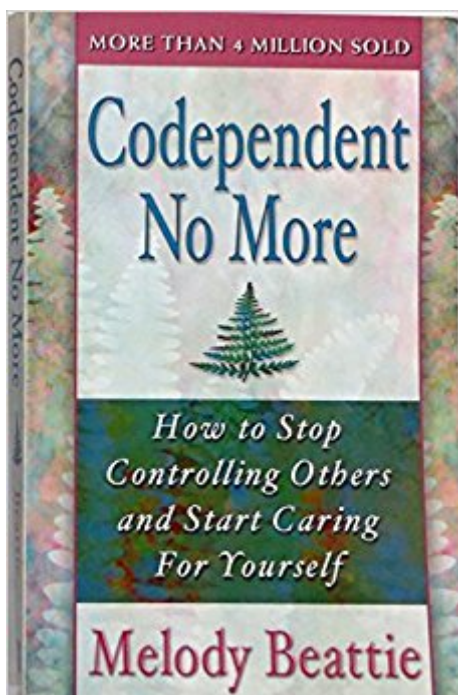


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# Codependent No More



## Synopsis

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

## Book Information

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## Customer Reviews

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

I bought this book because I had heard so much about it. I read it in about 4 weeks and it helped me open my eyes to my character defects. I am now able to spot when I am being codependent. I am currently reading and using the workbook now.

This book really helped me. I had not realized I was codependent but when I did I went right into recovery I did NOT want to be this way so I have been working hard on my codependent behavior. It empowered me to make change and it feels good! I will probably pass the book on to others I know.

A fine book, but for me difficult to read, therefore the low score,. For some this book might be just the right thing to read.

Melody Beattie's book was recommended to me by a friend who said it had helped her get through the realization of certain codependent personality behaviors. I enjoyed Melody's clear writing style

and broad scope of the subject, but the thing I enjoyed the most was that the book didn't focus on the fact that your life is now "ruined" and you need to scrape together what's left, like so many mental health professionals and self help books do. She clearly outlines an array of plans to change your life for the better and makes you believe not only that there are a myriad of ways to change but that you don't have to waste anymore time focusing on your issue in order to begin changing.

I usually do not write reviews.... But I had to for this one. This was a suggested read from my marriage counselor and I can honestly say it has changed my entire way of thinking. The book is written in a way that I appreciated immensely. Beattie even admits that she is not a professional. Her explanations, descriptions, and suggestions were so on point I felt like I was reading a book made specifically for me. I have spent my life trying to control various situations and outcomes in all of my relationships. I have always struggled with feeling too enmeshed and getting way too upset when people in my life are struggling. I have always felt like I "take on" other people's feelings... If that makes sense. I had completely lost who I was and what mattered to me. I don't know if I read this book at just the right time or what, but I feel like my world has changed for the better! I will no longer put myself on the back burner and prioritize everyone else. If you feel out of control in your life, and are consumed by the "what ifs" all the time then this book is for you. It's an exhausting way of living and once you find the freedom to not have to live that way anymore you will be amazed!

I have a strained relationship w/my adult daughter which has caused me a great deal of sadness. It began to consume me-so much, that I saw a counselor. She recommended this book, which at first, I couldn't understand why. I thought to myself.."I'm not codependent-what is she talking about?". Then I read it! It really opened my eyes and showed me some of the ways I was contributing to our relationship, which wasn't healthy. Some of the content leans towards families who are dealing with an alcoholic, but much of it pertains to ANYONE in a "codependent" relationship. I learned there was many definitions of "codependent", and I was one of them. This book was a great help and has given me permission to NOT be codependent. I am finally at peace! It's a good read and gives lots of insight!

I read this book in two days 3 years ago and it helped me so much. It gave me freedom! Unfortunately, I fell back into ugly codependent behavior again recently and fell in a pit of depression and anxiety, but God reminded me of this book and I just finished re-reading it again in a few days and have picked myself back up again and am ready to live!

I absolutely loved this book! Thank you Melody for the eye opening lessons and tools you have given me! I now see that I have been struggling in all my relationships for years because of the codependent behaviors I learned as a child. My mother is bipolar and she constantly blamed us for her terrible life and I was always scrambling to try and "fix" these wrong doing she claimed hers kids had done. This behavior translated to all areas and I began to try and rescue all the "screw ups" in my family. Adults are responsible for their own actions, detach your self and like Melody says, and ask your self "What do I need to do to take of myself". Say no when you want to. Do not be bullied or manipulated into doing something you do not want to do.

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