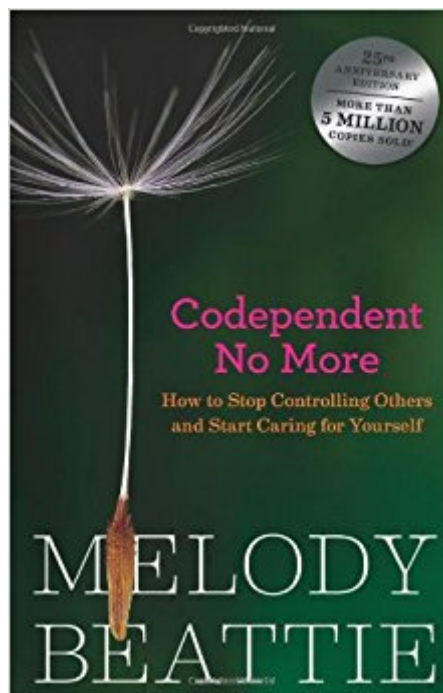


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# Codependent No More: How To Stop Controlling Others And Start Caring For Yourself



## Synopsis

The healing touchstone of millions, this modern classic by one of America's best-loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life. Is someone else's problem your problem? If, like so many others, you've lost sight of your own life in the drama of tending to someone else's, you may be codependent--and you may find yourself in this book--Codependent No More. The healing touchstone of millions, this modern classic by one of America's best-loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life. With instructive life stories, personal reflections, exercises, and self-tests, Codependent No More is a simple, straightforward, readable map of the perplexing world of codependency--charting the path to freedom and a lifetime of healing, hope, and happiness. Melody Beattie is the author of Beyond Codependency, The Language of Letting Go, Stop Being Mean to Yourself, The Codependent No More Workbook and Playing It by Heart.

## Book Information

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## Customer Reviews

In Newsweek magazine, Dr. Drew Pinsky named Melody Beattie's Codependent No More one of the four essential self-help books available today, calling it the "granddaddy of addiction tomes." "Melody Beattie is an American phenomenon....She understands being overboard, which helps her throw best-selling lifelines to those still adrift."--TIME

Melody Beattie is the author of numerous books about personal growth and relationships, drawing on the wisdom of Twelve Step healing, Christianity, and Eastern religions. With the publication of *Codependent No More* in 1986, Melody became a major voice in self-help literature and endeared herself to millions of readers striving for healthier relationships. She lives in Malibu, California.

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.

This book revolutionized my life over 25 years ago and continues to help those that I introduce it to in the area of breaking free from dysfunctional behavior resulting in seriously detrimental and damaging relationships. Until YOU recognize YOUR issues that keep you involved in trying to "rescue" others from their issues, you will continue to be on the gerbal wheel, going around and around in sick, co-dependent, and dysfunctional relationships, always trying to, "fix" someone else, when the concentration needs to be on yourself and getting yourself healed, and made whole and this book is one of the best tools I've EVER found to use in getting free and staying free from "sick" and unhealthy relationships, whether they be romantic in nature, or just family and friends. This book covers them all!!!

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 were 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!

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