



Codependency For Dummies

Darlene Lancer

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Codependency is much more widespread than originally thought. You don't even have to be in a relationship. Codependents have trouble accepting themselves, so they hide who they are to be accepted by someone else.

Codependency for Dummies is the most comprehensive book on the topic to date. It describes the history, symptoms, causes, and relationship dynamics of codependency and provides self-assessment questionnaires. The majority of the book is devoted to healing and lays out a clear plan for recovery with exercises, practical advice, and helpful daily reminders to help you know, honor, protect, and express yourself.

It clarifies deep psychological dynamics that underlie codependency, yet is written in a conversational style that's easily understandable by everyone.

You will learn:

- How to raise your self-esteem
- The difference between care-giving and codependent care-taking
- The difference between healthy and dysfunctional families
- How to set boundaries
- How to separate responsibility for yourself and for others
- How to overcome guilt and resentment

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From reader reviews:

Ruth Barnett:

A lot of people always spent their own free time to vacation or go to the outside with them family or their friend. Do you know? Many a lot of people spent many people free time just watching TV, or perhaps playing video games all day long. If you need to try to find a new activity that's look different you can read some sort of book. It is really fun for yourself. If you enjoy the book that you simply read you can spent the entire day to reading a book. The book Codependency For Dummies it is quite good to read. There are a lot of individuals who recommended this book. We were holding enjoying reading this book. Should you did not have enough space to deliver this book you can buy often the e-book. You can m0ore simply to read this book out of your smart phone. The price is not too expensive but this book features high quality.

Erin Cummins:

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