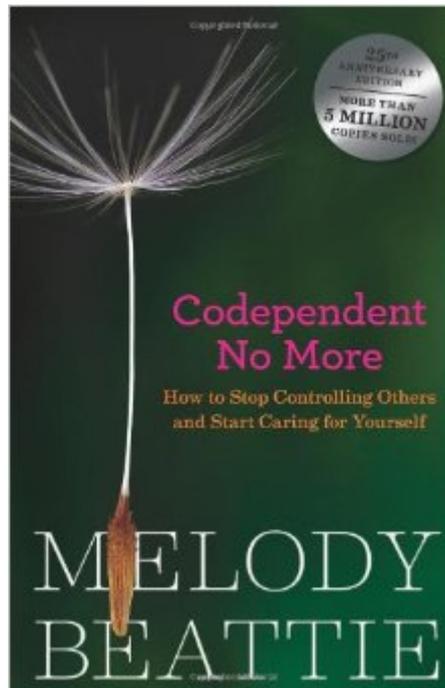


The book was found

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



Synopsis

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.

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Customer Reviews

This is the book that started it all. I know it is cliché but, this book has changed my life and my thinking...I was talking to my father on the phone one day and I was explaining to him how I have no problem exercising and eating right when Otty is gone but I can't seem to keep it up when he is home. My father then asked me if I wanted to know what that was called...he told me it was called co-dependence and that I should start learning about this by reading a book called Co-dependent No More. I pretty much ran out right away and purchased the book. Now, I have never been a big advocate for self-improvement books, but I have to say that this book was very enlightening. Co-dependency has a different definition for everyone. This book made me delve into my own

retched thoughts and confront them head on. This book made me realize that I have a voice and an opinion and both matter just as much as the next person. I realized that I can make decisions and not have to worry if my opinion is what other people may think or want. My opinion is exactly that...my opinion. It is okay to have an opinion that is different than someone else's. I also learned that I need to detach myself from the people in my life that cause me harm...emotionally, physically, doesn't matter...Though I may not struggle with an abusive alcoholic, I still struggle with the internal doubts and feelings of self worthlessness. I have learned that I do not need to immerse myself so deeply in someone else's life that I lose myself. I can keep my individuality while sharing my life with another. If we have conflicting views...that's alright. When I first read this book, I figure that I would not post my feelings about it because they were too personal. However, now having some distance from the book and being able to employ the lessons I have learned, I am able to share myself with others. I am not perfect and it is absolutely acceptable for me to let other people know this. Maybe, by sharing these thoughts, someone else might be inspired to read this book and better themselves as well.

Instead of spending hours of your time, expressing how anxious and depressed I was, and for so many years, I'd share a few things that might tell my story of recovery in a more concise mode. I had everything but had nothing. I had been Senior Class President, Top 2% in the Country during College, successful in modeling and acting, selected as Volunteer of the Year for the State of Iowa and the list of "stuff" could go on and on. I was so empty inside myself that I didn't any longer know how I felt inside. I was losing any sense of who I was. I'd become someone that functioned to serve, protect, nurture, encourage, forgive and love someone that couldn't love back. I was with the same person, in a marriage, for almost 5 years, and woke up one morning and realized that the person next to me was a stranger who didn't know the real me. The person that my life revolved around, the person that I chose to take care of and "cover" for, just liked having me around so I could pick up the pieces and paint a picture of a relationship and a family that was like "Ozzie and Harriet" so that others would think that everything was just fine. I can't stand the word "fine" anymore. Nothing in my life was fine and it wasn't until I hit bottom and read "Codependent No More: How to Stop Controlling Others and Start Caring for Yourself", that my life began to change. The book answered all of my questions and caused me to look deeply at myself and my situation and evaluate how sick I was. Yes, I was the sick one in the relationship too. I thought that I was doing everything right or doing what was right for my relationship. But I didn't ever consider that my own personal cup was empty and the only person who could fill it with healthy things was me. I didn't know that I was controlling

others as I only saw myself as a caring and loving person. What had happened is that I went overboard-WAY overboard to the point that I had stopped eating, started using pills to medicate my pain and refused to make changes in my life. I was scared. I didn't want to be alone in life. What I didn't realize is that I was already alone. I wanted to love and be loved. After reading this incredible book, I realized that I wasn't being loved. I was being used and abused and I needed to hit this emotional bottom before I would accept help. My therapist advised me to purchase "Codependent No More", by Melody Beattie AND to read it. I almost felt odd going into the self-help are of the book store. Little did I know that the healthiest place in any book store is the aisle that reads "Self Help"! I owe my life to this book and I thank all of the wonderful people who contributed to the stories in this book, that allowed me to move out of my relationship and to enter a long recovery period. I am still in the care of a therapist. Sometimes I act in a codependent fashion. The difference, however, is that I now see red flags that prevent me from getting too deep into relationships that I reach a point where I lose myself. I offer this review to you as a gift. May this book help you, no matter what your circumstance, and may you take hold of your life again. You deserve to learn how to care for yourself. You deserve to be loved and to learn how to accept the beauty that comes with a healthy relationship. My Warmest Regards to ALL! Peter Cannice Scottsdale, Arizona Email: pasta345@gmail.com

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