

Beyond Codependency And Getting Better All The Time

The time has come to stop pathologizing the desire to love, help, and care for an addicted loved one. In Prodependence, Weiss research-based social and psychological understanding of human interdependence, accepting and even celebrating human interdependence in ways that are healthy and life-affirming for each person. This ground-breaking work presents a new paradigm for useful and support in the face of addiction, offering both the lay reader and professional an evolved prism through which they can examine and improve not just relationships affected by addiction (though that's the primary focus of this book), but relationships in general. Prodependence, a new psychological term created by Robert Weiss to describe healthy interdependence in the modern world, is all around. Rather than preaching detachment and distance over continued bonding and assistance, as so many therapists, self-help, and 12-step groups currently do, prodependence celebrates the human need for and pursuit of intimate connection, viewing this as a force for change. Simply stated, prodependence occurs when attachment relationships are mutually beneficial- with one person filling in the weak points of the other, and vice versa. And this can occur even when an addiction is present. Prodependence counsels readers on how to transform their lives for the better, sharing anecdotes about experiences with grief and loss which can be used as a week plan for achieving gratitude and enabling change.

A brilliant new guide to understanding the origins of codependence and the path to recovery by a nationally recognized author. Codependency and addiction. In this fresh new look at codependence, Pia Mellody traces the origins of this illness back to childhood, describing a whole range of emotional, spiritual, intellectual, physical, and sexual abuses. Because of these earlier experiences, codependent adults often lack the skills necessary to lead mature lives and have satisfying relationships. Recovery from codependence comes from clearing up the toxic feelings left over from childhood and learning to re-parent oneself by intervening on the adult's behalf. Central to Mellody's concept is the idea of the "precious child" that needs healing within each adult. She creates a framework for identifying codependent behavior and describes an effective approach to recovery that includes both therapy and self-help processes. Designed to be used with her new workbook for codependents, Breaking Free, this is a powerful tool for understanding the nature of codependence.

This highly anticipated workbook will help readers put the principles from Melody Beattie's international best seller Codependent No More into action in their own lives. The Codependent No More Workbook was designed for Melody Beattie fans spanning the generations, as for those who may not yet even understand the meaning and impact of their codependency. In this accessible and engaging workbook, Beattie uses her trademark down-to-earth style to offer readers a Twelve Step, interactive program to stop obsessing about others and start developing the insight, strength, and resilience to start taking care of themselves. Through hands-on guided journaling, exercises, tests, readers will learn to integrate the time-tested concepts outlined in Codependent No More into their daily lives by setting healthy limits; developing a support system through healthy relationships with others and a higher power; experiencing genuine forgiveness; and letting go and detaching from others' harmful behaviors. Whether fixated on a loved one with depression, an eating disorder, or other self-destructive behaviors, or someone who makes unhealthy decisions, this book offers the practical, a comprehensive, personalized path to hope, healing, and the freedom to be your own best self.

Taking Care of Yourself No Matter What

Prodependence

Make Miracles in Forty Days

What It Is, Where It Comes from, How It Sabotages Our Lives

Codependency For Dummies

Daily Meditations on the Path to Freeing Your Soul

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

A three-book collection on codependency by best-selling author Melody Beattie. Beyond Codependency: You're learning to let go, to live your life free of the grip of someone else's problems. And yet you find you've just started on the long journey of recovery. Let Melody Beattie help you along your way. A guided tour past the pitfalls of recovery, Beyond Codependency is dedicated to those struggling to master the art of self-care. It is a book about what to do once the pain has stopped and you've begun to suspect that you have a life to live. It is about what happens next. Playing It by Heart: Since the publication of Codependent No More, millions of people have confronted the demons of codependency. And yet, many in recovery find themselves slipping back into the old ways that brought them such grief. In her book Playing It by Heart, Beattie helps readers understand what drives them back into the grasp of controlling behavior and victimhood--and what it takes to pull themselves out, to return to the healing, faith, and maturity that come with a commitment to recovery. Personal essays, inspiring anecdotes, and prescriptive reminders show readers how to stop acting out their painful obsessions. Marked by compassion and keen insight, Playing It by Heart explores the author's most intense personal lessons and shows readers that, despite setbacks, recovery is a lifelong opportunity for spiritual growth. Stop Being Mean to Yourself: This sequel to Codependent No More contains the same compassionate tone and penetrating insight for which Beattie has become well known and loved. She takes her audience on an odyssey that starts in Northern Africa. On her journey she shares hope and encouragement and employs analogies along the way to Casablanca, Algeria, and Egypt. She provides lessons about letting go of fear and trusting one's instincts.

Collects humorous and inspiring stories, easy-to-follow exercises, and meditations that enable readers to shift from personally destructive behaviors to self-nurturing ones. Reprint. Provides a detailed explanation of the Twelve-Step program designed by Alcoholics Anonymous, accompanied by advice on how to apply the program to codependent issues and cross-addiction

Codependent No More

Journey to the Heart

Daily Meditations for Women

Help and Guidance for Today's Generation

How Al-Anon Works for Families & Friends of Alcoholics

Giving Yourself the Power to Change the Way You Love

The Definitive Book on Letting Go of Unhealthy Relationships

In The 5 Love Languages, you will discover the secret that has transformed millions of relationships worldwide. Whether your relationship is flourishing or failing, Dr. Gary Chapman's proven approach to showing and receiving love will help you experience deeper and richer levels of intimacy with your partner starting today.

Let go of unhealthy relationships with the book that more than 850K people have trusted. Best-selling doctors, Hemfelt, Minirth, and Meier, walk you through their ten proven stages to recovery from codependency that results from external circumstances. Humans are susceptible to codependency because of our sinful tendency to use defense mechanisms to fool ourselves. In codependent relationships, deceitful games are played, and important Christian principles are often taken out of context and abused. God wants us to have healthy relationships with a balance between being dependent and independent. The doctors describe how the most effective means of overcoming codependent relationships is to establish or deepen a relationship with Christ Himself. They describe the causes of codependency, pointing out the factors that perpetuate it, and lead readers through their ten stages of recovery. Continue a deeper study with the Love Is a Choice workbook, available separately.

Inner bonding is the process of connecting our adult thoughts with our instinctual, gut feelings—the feelings of the "inner child"—so that we can minimize painful conflict within ourselves. Free of inner conflict, we feel peaceful, open to joy, and open to giving and receiving love. Margaret Paul, coauthor of Healing Your Aloneness, explores how abandonment of the inner child leads to increasingly negative and destructive feelings of low self-worth, codependence, addiction, shame, powerlessness, and withdrawal from relationships. Her breakthrough inner bonding process teaches us to heal past wounds through reparenting and clearly demonstrates how we can learn to parent in the present. Real-life examples illustrate the dynamics of the healing process and show the benefits we can expect in every facet of our lives and in all our relationships. Inner Bonding provides the tools we need to forge and maintain the inner unity that makes our family, sexual, work, and social relationships productive, honest, and joyful.

The 20th Anniversary edition of Codependent No More commemorates the ground-breaking message that taking care of one's self is a radical act of healing and transformation.

8 Steps to Freeing the True You

Codependent No More Workbook

Love Is a Choice

Self-Nurture

Finding Your Way Home

Learning to Care for Yourself As Effectively As You Care for Everyone Else

Turning What You Have Into What You Want

From Dr. Patricia Love, a ground-breaking work that identifies, explores and treats the harmful effects that emotionally and psychologically invasive parents have on their children, and provides a program for overcoming the chronic problems that can result.

"Melody Beattie gives you the tools to discover the magnificence and splendor of your being." — Deepak Chopra, author of Jesus and Buddha "Beattie understands being overboard, which helps her throw bestselling lifelines to those still adrift." — Time magazine From the New York Times bestselling author of Codependent No More, The Language of Letting Go, Finding Your Way Home, Journey to the Heart, and Stop Being Mean to Yourself, comes Choices: powerful wisdom and insight about how to make the best choices in our lives from the author who revolutionized how we look at relationships.

In Codependent No More, Melody Beattie introduced the world to the term codependency. Now a modern classic, this book established Beattie as a pioneer in self-help literature and endeared her to millions of readers who longed for healthier relationships. Twenty-five years later concepts such as self-care and setting boundaries have become entrenched in mainstream culture. Now Beattie has written a followup volume, The New Codependency, which clears up misconceptions about codependency, identifies how codependent behavior has changed, and provides a new generation with a road map to wellness. The question remains: What is and what is not codependency? Beattie here reminds us that much of codependency is normal behavior. It's about crossing lines. There are times we do too much, care too much, feel too little, or overly engage. Feeling resentment after giving is not the same as heartfelt generosity. Narcissism and self-love, enabling and nurturing, and controlling and setting boundaries are not interchangeable terms. In The New Codependency, Beattie explores these differences, effectively invoking her own inspiring story and those of others, to empower us to step out of the victim role forever. Codependency, she shows, is not an illness but rather a series of behaviors that once broken down and analyzed can be successfully combated. Each section offers an overview of and a series of

activities pertaining to a particular behavior -- caretaking, controlling, manipulation, denial, repression, etc. -- enabling us to personalize our own step-by-step guide to wellness. These sections, in conjunction with a series of tests allowing us to assess the level of our codependent behavior, demonstrate that while it may not seem possible now, we have the power to take care of ourselves, no matter what we are experiencing. Punctuated with Beattie's renowned candor and intuitive wisdom, The New Codependency is an owner's manual to learning to be who we are and gives us the tools necessary to reclaim our lives by renouncing unhealthy practices.

Detaching from unhealthy relationships was the start. Here's help for preventing coronavirus concerns from pulling you back into old patterns, and for living well--even in uncertain times. In simple, straightforward terms, Beattie takes you into the territory beyond codependency, into the realm of recovery and relapse, family-of-origin work and relationships, surrender and spirituality. You're learning to let go, to live your life free of the grip of someone else's problems. And yet you find you've just started on the long journey of recovery. Let Melody Beattie, author of the classic Codependent No More, help you along your way. A guided tour past the pitfalls of recovery, Beyond Codependency is dedicated to those struggling to master the art of self-care. It is a book about what to do once the pain has stopped and you've begun to suspect that you have a life to live. It is about what happens next. In simple, straightforward terms, Beattie takes you into the territory beyond codependency, into the realm of recovery and relapse, family-of-origin work and relationships, surrender and spirituality. With personal stories, hard-won insights, and activities, her book teaches the lessons of dealing with shame, growing in self-esteem, overcoming deprivation, and getting past fatal attractions long enough to find relationships that work.

More Language of Letting Go

How to Set Boundaries and Make Your Life Your Own

Facing Love Addiction - reissue

A True Story of Marriage to a Psychopath

A collection of three Melody Beattie best sellers

Conquering Shame and Codependency

A collection of four Melody Beattie best sellers

Beyond Codependency And Getting Better All the Time Simon and Schuster

The companion volume to "Codependent No More" journeys beyond the concept of self-understanding to analyze the dynamics of the healthy recovery process

In a crisis, it's easy to revert to old patterns. Caring for your well-being during the coronavirus pandemic includes maintaining healthy boundaries and saying no to unhealthy relationships. 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.

Pia Mellody creates a framework for identifying codependent thinking, emotions and behaviour and provides an effective approach to recovery. Mellody sets forth five primary adult symptoms of this crippling condition, then traces their origin to emotional, spiritual, intellectual, physical and sexual abuses that occur in childhood. Central to Mellody's approach is the concept that the codependent adult's injured inner child needs healing. Recovery from codependence, therefore, involves clearing up the toxic emotions left over from these painful childhood experiences.

Stop Codependency

Learn How to End Once and for All Codependent Relationships and Love Yourself

Keeping Codependency Out of Your Life

A Dance with the Devil

A Soul Survival Kit

Stop Codependency It's Time to Start Loving Yourself

What to do When a Parent's Love Rules Your Life

Find Boundaries and Peace from Codependent Behaviors "This book is bound to become a codependence classic. It should be required reading for all who seek to create healthy, balanced relationships." -Claudia Black, PhD. Free yourself from codependency and reclaim

your sanity, peace, and inner strength with this codependency book by Karen Casey, the bestselling author of *Each Day a New Beginning*. Learn how to value your own opinion over those of others. Codependency books are perfect for those of us who live as if what other people think matters more than what we think. This thinking leads to constantly trying to please or even to change others. Codependent behaviors can have negative effects on us and those around us, even leading to a dysfunctional family. It can be difficult to say no to those we love. A codependency book on improving your life through boundaries and peace. Karen Casey, bestselling author of *Let Go Now* and *Each Day a New Beginning*, has had her own experience with codependent behavior, and she is here to share what she has learned along the way. Through her own stories and the stories of those she has met through Al Anon meetings and elsewhere, she shows you how to detach from unhealthy codependency, create more positive relationships and, ultimately, lead a less stressful life. Inside, you'll learn how to:

- Recognize and acknowledge your own attachments and codependency
- Set boundaries, find peace, and engage in healthy detachment
- Nurture positive relationships with the people in your life—both new and old

If you liked codependency books such as *The Language of Letting Go*, *Facing Codependence*, or *The Codependency Recovery Plan*, you'll love *Codependence and the Power of Detachment*.

In simple, straightforward terms, Beattie takes you into the territory beyond codependency, into the realm of recovery and relapse, family-of-origin work and relationships, surrender and spirituality. You're learning to let go, to live your life free of the grip of someone else's problems. And yet you find you've just started on the long journey of recovery. Let Melody Beattie, author of the classic *Codependent No More*, help you along your way. A guided tour past the pitfalls of recovery, *Beyond Codependency* is dedicated to those struggling to master the art of self-care. It is a book about what to do once the pain has stopped and you've begun to suspect that you have a life to live. It is about what happens next.

In simple, straightforward terms, Beattie takes you into the territory beyond codependency, into the realm of recovery and relapse, family-of-origin work and relationships, surrender and spirituality. With personal stories, hard-won insights, and activities, her book teaches the lessons of dealing with shame, growing in self-esteem, overcoming deprivation, and getting past fatal attractions long enough to find relationships that work.

For all of us recovering from codependency, especially those working the Twelve Steps, TALK, TRUST, AND FEEL offers reinforcement and inspiring perspectives from 10 of Hazelden's leading voices. Their wise observations help us let go of our desire to change the other person and take responsibility for ourselves as we continue our journey toward wholeness. Copyright © Libri GmbH. All rights reserved.

The Grief Club is Melody Beattie's profoundly personal, powerfully healing book to help readers through life's most difficult times. The Grief Club is Melody Beattie's profoundly personal, powerfully healing book to help readers through life's most difficult times. Part memoir, part self-help book, part journalism, *The Grief Club* is a book of stories bound together by the human experience of loss in its many forms such as death, divorce, drug addiction, and the tumultuous yet tender process of recovery. It's a book you need to read and share.

Twenty years ago, *Codependent No More* established Melody Beattie as a pioneering voice in self-help literature and endeared her to readers who longed for healthier relationships. Over the years, Melody has invited readers into her life with several more best-selling books—each punctuated with her trademark candor and intuitive wisdom.

Codependence and the Power of Detachment

Facing Codependence

Choices

The Five Love Languages

Daily Meditations on Codependency

Lessons in Love

Each Day a New Beginning

As with those in recovery from addiction, relapse is also a risk for those recovering from unhealthy relationships. The coronavirus pandemic adds anxiety to our lives; this book can help us resist and reframe our understandable but unhelpful urges to return to patterns and people that once offered a kind of comfort. Readers will learn what drives them into controlling behavior and victimhood—and what it takes to pull themselves out, to return to the healing, faith, and maturity that come with recovery. Since the publication of Melody Beattie's groundbreaking book *Codependent No More*, millions of people have confronted the demons of codependency. And yet, many in recovery find themselves slipping back into the old ways that brought them such grief.

In her book *Playing It by Heart*, Beattie helps readers understand what drives them back into the grasp of controlling behavior and victimhood—and what it takes to pull themselves out, to return to the healing, faith, and maturity that come with a commitment to recovery. Personal essays, inspiring anecdotes, and prescriptive reminders show readers how to stop acting out their painful obsessions. Marked by compassion and keen insight, *Playing It by Heart* explores the author's most intense personal lessons and shows readers that, despite setbacks, recovery is a lifelong opportunity for spiritual growth.

In her many best-selling books, including *Stop Being Mean to Yourself*, *Codependent No More*, and *The Language of Letting Go*, Melody Beattie draws on the wisdom of Twelve Step healing, Christianity, and Eastern religions.

A nationally recognized author and codependency expert examines the roots of shame and its connection with codependent relationships. Learn how to heal from their destructive hold by implementing eight steps that will empower the real you, and lead to healthier relationships. Shame: the torment you feel when you're exposed, humiliated, or rejected; the feeling of not being good enough. It's a deeply painful and universal emotion, yet is not frequently discussed. For some, shame lurks in the unconscious, undermining self-esteem, destroying confidence, and leading to codependency. These codependent relationships—where we overlook our own needs and desires as we try to care for, protect, or please another—often cover up abuse, addiction, or other harmful behaviors. Shame and codependency feed off one another, making us feel stuck, never able to let go, move on, and become the true self we were meant to be.

In *Conquering Shame and Codependency*, Darlene Lancer sheds new light on shame: how codependents' feelings and beliefs about shame affect their identity, their behavior, and how shame can corrode relationships, destroying trust and love. She then provides eight steps to heal from shame, learn to love yourself, and develop healthy relationships.

In this seminal work, *Codependent No More*, the author breaks down, in a most lucid fashion, the cause

and effect of being in a codependent relationship, and how to overcome it.

What does it mean to feel at home, truly present with ourselves, comfortable with our choices, and alive to the possibilities of conscious change? How can we develop inner balance and connection, keeping our boundaries clear while opening our hearts to those we love? With practical wisdom and insight, Melody Beattie addresses these questions, encouraging us to reach a higher level of living and loving, and showing us how to be at home with ourselves wherever we are in the world, at whatever stage of life. Through true stories and take-action exercises, including journaling, visualizations, affirmations, meditations, and prayers, Beattie provides the essential tools to help us discover our own sense of home. Accessible and illuminating, *Finding Your Way Home* is a soul-searching look at how not to be victimized by ourselves or other people. Beattie urges us to discover new levels of integrity, to break through barriers that have blocked us for too long. This is a powerful and challenging book about buying back our souls and learning to live a life guided by spirit.

And Getting Better All the Time

The Everything Guide to Codependency

Beyond Codependency

The Language of Letting Go

366 New Daily Meditations

Becoming a Loving Adult to Your Inner Child

Living With, Loving, and Caring for an Addict

With millions of copies sold, these inspirational daily meditations speak to the common experiences, shared struggles, and unique strengths of women in recovery from all addictions. Discover why *Each Day a New Beginning* has become a classic for recovering women everywhere. Beloved author Karen Casey shares wisdom on spirituality, acceptance, self-esteem, relationships, perfectionism, the importance of connecting with other women, and many other topics essential for continued sobriety and personal growth. These daily meditations begin with quotations from exceptional and diverse women from around the world and end with actionable affirmations for the twenty-four hours ahead. In this perfect companion for AA, NA, and other Twelve Step programs, all recovering women will find messages that inspire them to live their best lives.

Are you always giving away parts of yourself to others even if it hurts? Are you afraid of getting burnt in a relationship because you care too much? If the answer is yes, and you would like to know why you do that and how to control it, you are in the right place! In this book you can find a proper explanation of what it is codependency and how to recognize it by specific signals and behaviours, moreover this gives you the knowledge to control the codependent habit and eventually to get rid of it, so that you can begin to love yourself instead. All people should be taught how to understand deeper the reasons of their behaviours, in order to live a happy and fulfilled life. This is exactly what this book has to offer. This book is written to give you a step-by-step guide to wellness, every chapter makes you feel more and more aware of what you are doing and why. It will show you that codependency is not an illness, but rather a complex series of habits that can be overcome, even if it seems impossible now. If you think you are in a codependent relationship or you know someone who might be, I really think you should consider learning more about this subject. This book really can be read by anyone who wants to know about this matter, even if they're not the codependent person. It is also available in audiobook version, so that nothing can stop your empowerment.

Al-Anon Family Groups.

Concentrating on self-esteem and acceptance, this book offers meditations for men and women recovering from codependency and aids them in their attempt to gain control of their lives

Playing It by Heart

Inner Bonding

Talk, Trust and Feel

Codependents' Guide to the Twelve Steps

The Secret to Getting Through All Kinds of Change

Melody Beattie 3 Title Bundle: Author of Codependent No More and Three Other Books

Learn to recognize and change codependent behavior

Written for those of us who struggle with codependency, these daily meditations offer growth and renewal, and remind us that the best thing we can do is take responsibility for our own self-care. Melody Beattie integrates her own life experiences and fundamental recovery reflections in this unique daily meditation book written especially for those of us who struggle with the issue of codependency. Problems are made to be solved, Melody reminds us, and the best thing we can do is take responsibility for our own pain and self-care. In this daily inspirational book, Melody provides us with a thought to guide us through the day and she encourages us to remember that each day is an opportunity for growth and renewal.

The author describes her life with former Navy admiral John Perry, a psychopath who manipulated her life, drained her credit, and ultimately tried to kill her; her desperate escape from the marriage; and her efforts as a victim's rights advocate to protect other women caught in a similar situation. Original.

Four titles by best-selling author Melody Beattie. Codependent No More: How to Stop Controlling Others and Start Caring for Yourself: 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. Beyond Codependency: And Getting Better All the Time: You're learning to let go, to live your life free of the grip of someone else's problems. And yet you find you've just started on the long journey of recovery. Let Melody Beattie help you along your way. A guided tour past the pitfalls of recovery, Beyond Codependency is dedicated to those struggling to master the art of self-care. It is a book about what to do once the pain has stopped and you've begun to suspect that you have a life to live. It is about what happens next. Language of Letting Go: Daily Meditations on Codependency: Melody Beattie integrates her own life experiences and fundamental recovery reflections in this unique daily meditation book written especially for those of us who struggle with the issue of codependency. Problems are made to be solved, Melody reminds us, and the best thing we can do is take responsibility for our own pain and self-care. In this daily inspirational book, Melody provides us with a thought to guide us through the day and she encourages us to remember that each day is an opportunity for growth and renewal. More Language of Letting Go: 366 New Daily Meditations: This new volume of meditations offers clients ongoing wisdom and guidance about relationship issues. An excellent enhancement to therapy, daily thoughts provide clients with ongoing insights into issues such as surrendering, the damaging effects of manipulation, and healthy communication. More Language of Letting Go shares unsentimental, direct help for clients recovering from chemical dependency, healing from relationships and family issues, and exploring personal growth.

The groundbreaking international bestsellers together for the first time in one volume.

How to Stop Controlling Others and Start Caring for Yourself

& Beyond Codependency

Codependent No More & Beyond Codependency

Melody Beattie 4 Title Bundle: Codependent No More and 3 Other Best Sellers by M

Taking Control of Your Life and Making It Matter

New Stories

The Emotional Incest Syndrome

Break free of codependency and embrace your true self! Are you codependent? Do you make other people's problems your own? Do you find it hard to set boundaries and take care of your own needs? In this reassuring guide, Dr. Jennifer Sowle helps you learn how to identify your own destructive behavior, regain self-esteem, and set healthy boundaries in all types of relationships. Inside, you'll learn how to move beyond codependency by: Discovering patterns in yourself and others. Developing noncodependent language and communication skills. Learning to journal and practice new skills at home. Engaging your partner in change. Breaking the spell of codependency and discovering the real you. With The Everything Guide to Codependency, you can break the cycle of codependency and enabling. Dr. Sowle offers expert advice and practical techniques to help transform codependent relationships into healthy, fulfilling ones.

Journey to the Heart by New York Times bestselling author of Codependent No More, Beyond Codependency, and Lessons of Love, contains 365 insightful daily meditations that inspire readers to unlock their personal creativity and discover their divine purposes in life. "Melody Beattie gives you the tools to discover the magnificence and splendor of your being." -Deepak Chopra, author of Jesus and Buddha

Daily thoughts provide readers with ongoing insights into issues such as surrendering, the damaging effects of manipulation, and healthy communication. This new volume of meditations offers clients ongoing wisdom and guidance about relationship issues. An excellent enhancement to therapy, daily thoughts provide clients with ongoing insights into issues such as surrendering, the damaging effects of manipulation, and healthy communication. More Language of Letting Go shares unsentimental, direct help for clients recovering from chemical dependency, healing from relationships and family issues, and exploring personal growth.

The Grief Club

The New Codependency