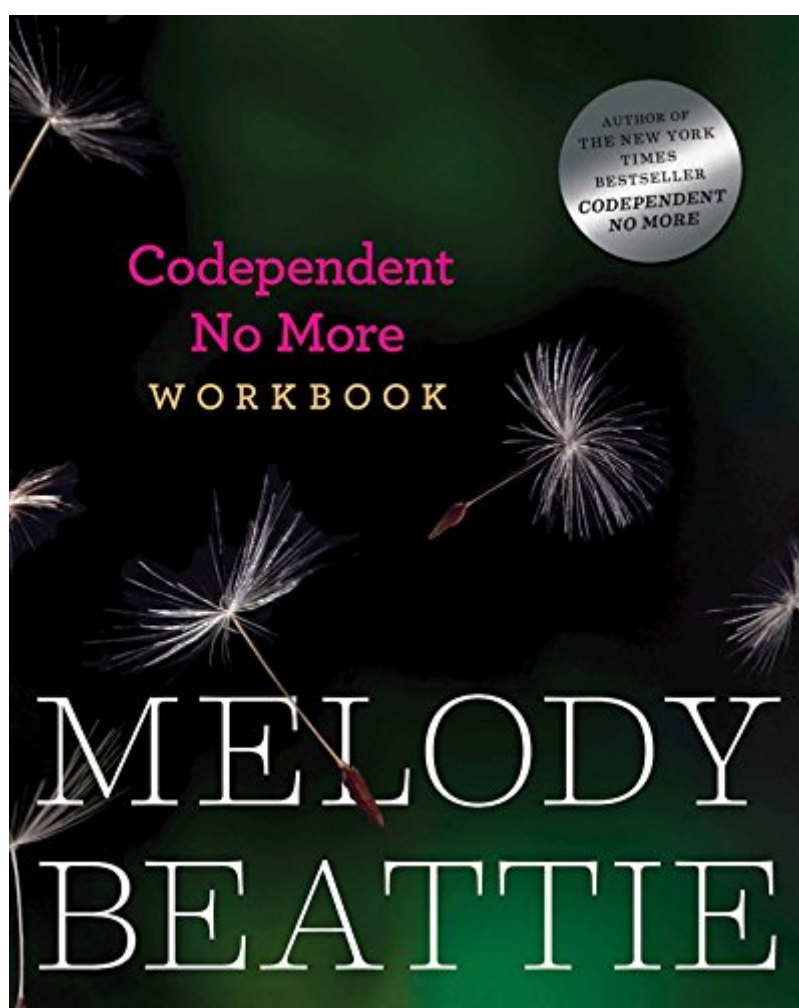


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# Codependent No More Workbook: Exercises For Learning To Stop Controlling Others And Start Caring For Yourself



## Synopsis

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. 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 Beattie fans spanning the generations, as well 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 by developing the insight, strength, and resilience to start taking care of themselves. Through hands-on guided journaling, exercises, and self-tests, readers will learn to integrate the time-tested concepts outlined in *Codependent No More* into their daily lives by setting and enforcing healthy limits, developing a support system through healthy relationships with others and a higher power, experiencing genuine love and forgiveness, letting go and detaching from others' harmful behaviors. Whether fixated on a loved one with depression, an addiction, an eating disorder, or other self-destructive behaviors, or someone who makes unhealthy decisions, this book offers the practical means to plot a comprehensive, personalized path to hope, healing, and the freedom to be your own best self.

## Book Information

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## Customer Reviews

I purchased this as a companion to her book, "Codependent No More." It was definitely a book from GOD! It is helping me so much and I've had it less than a week. Anyone with addicts in their family or close circle of friends owes it to themselves to read this and her other book as well. It will answer questions you didn't realize you had. VERY HELPFUL AND HEALING!!! thank God for leading me to purchase it.

After I fell apart after a relationship, I found out i was codependent. This book really helps to explain the whys of the illness. There was a lot there that really sounded like they were talking about me in my situation. Great stuff.

I haven't completed working the book yet, but it promises a lot. Good exercises. Quite insightful.

I am working thru this workbook with my Al-Anon sponsor currently. We are really getting some insight!

Very satisfied. Met product description. Also, it arrived timely.

As advertised. Thank you

Really helps individuals look deep within themselves and understand how their codependency hurts themselves and others.

Learning about myself through Melody's books has been a real eye opener and is helping to make sense of my life. I would recommend these books to anyone. Self-improvement is a life-long learning process.

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Codependent No More Workbook: Exercises for Learning to Stop Controlling Others and Start

Caring for Yourself Codependent No More: How to Stop Controlling Others and Start Caring for Yourself  
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