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 Codependent No More recovery has begun for millions of individuals with this straightforward guide.

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 Author Name: BEATTIE, MELODY
 Categories: Psychology / Self Help, Publisher: HarperCollins Publishers: November 1992 ISBN Number: 0062554468 ISBN Number 13: 9780062554468 Binding: Trade Paperback Book Condition: Used - Good Seller ID: 866770
 Codependent No More: How to Stop Controlling Others and ...
 There's no need to be embarrassed to be (and stay) Codependent No More. No need to be ashamed to have gone through the process of allowing codependency (in a negative way) to impact our lives, and then learning to stop trying to do what's impossible (control others) and start focusing on the possible: taking good care of ourselves.
 There's No Shame in Being CoDependent - Melody Beattie
 Melody Beattie, one of the seminal figures in the recovery movement, is the author of the international bestseller Codependent No More, which has sold over eight million copies and been translated into more than a dozen languages.
 An expert on codependency, Beattie has written fifteen books, including include Beyond Codependency, The Language of Letting Go, and The Grief Club, and lectures ...
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 Gratitude: Inspirations by Melody Beattie. Codependent No More Workbook. Finding Your Way Home: A Soul Survival Kit. Make Miracles in Forty Days: Turning What You Have into What You Want.
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 The Codependent No More Workbook was designed for Melody 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.
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Books - Melody Beattie

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The Codependent No More Workbook was designed for Melody 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.

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