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



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### Reviews

This is the very best publication i actually have read until now. It really is packed with knowledge and wisdom I am happy to let you know that this is the very best publication i actually have read in my very own existence and could be he greatest pdf for ever. (Dr. Nelda Schuppe)

## CODEPENDENT NO MORE: HOW TO STOP CONTROLLING OTHERS AND START CARING FOR YOURSELF



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Recorded Books, 2005. CD-Audio. Condition: New. Unabridged. Language: English. Brand New. 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. 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.



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