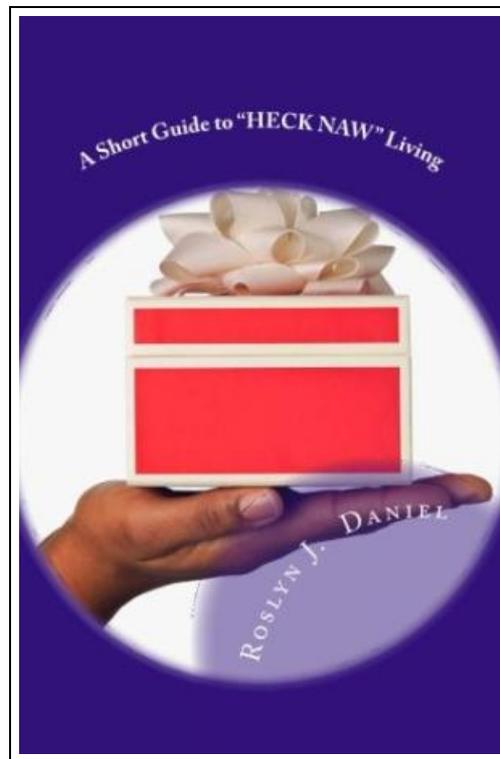


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Artistic Overtures, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Since the 1970 s, social sciences began studies that explored the relationship between drug addicts and their loved ones, but little research has been devoted to the social and economic impact of unhealthy dependencies in relationships. Research into the emotional and spiritual pain Codependent relationships create in people s lives was limited and failed to touch upon the love need codependent relationships sought to meet through often toxic and destructive choices. Codependency involves a dysfunctional over-helping relationship in which one person supports or enables another person s addiction, poor mental health, immaturity, irresponsibility, or under-achievement despite repeated attempts to stop enabling the person. One of the core characteristics of codependency involves an excessive reliance on other people for approval and identity, as well as a tendency to blame others for problems. There is hope for the enablers of Codependent loved ones- Its Called HECK NAW Living, an acronym that describes lifestyle and relationship changes which can empower both the enabler and the addict to be empowered to make changes. This brief novella is a handy self-help guide with tips on Stages of Change, has SELF-CHECKS sections at the end of each chapter as well as journal sections for the reader. This short but powerful guide will lead readers to make active and lasting changes in their relationships that will vastly improve their quality of life. Based upon studies by Minirth, Meier, Green and a team of psychologists from various disciplines, the author shares apprehensible clinical insights about codependency in an accessible narrative that explores her journey from childhood deprivation to adult fulfillment. Readers will read this short, but informative novella again and again! They will be inspired to share it s wisdom with anyone...



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