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

*By Melody Beattie*



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

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.



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## **Codependent No More: How to Stop Controlling Others and Start Caring for Yourself** By Melody Beattie Bibliography

- Sales Rank: #262 in Books
- Brand: Hazelden
- Published on: 1986
- Released on: 1986-09-01
- Original language: English
- Number of items: 1
- Dimensions: 8.40" h x .60" w x 5.50" l, 1.00 pounds
- Binding: Paperback
- 229 pages

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### **Editorial Review**

#### **Review**

In *Newsweek* magazine, Dr. Drew Pinsky named Melody Beattie's *Codependent No More* one of the four essential self-help books available today, calling it the "granddaddy of addiction tomes."

"Melody Beattie is an American phenomenon....She understands being overboard, which helps her throw best-selling lifelines to those still adrift."

--TIME

#### **About the Author**

Melody Beattie is the author of numerous books about personal growth and relationships, drawing on the wisdom of Twelve Step healing, Christianity, and Eastern religions. With the publication of *Codependent No More* in 1986, Melody became a major voice in self-help literature and endeared herself to millions of readers striving for healthier relationships. She lives in Malibu, California.

#### **From [AudioFile](#)**

For twenty years Melody Beattie has been writing lucidly about codependency--the pattern of trying to control or change someone who repeatedly makes trouble for themselves and others, and who usually is manipulating and controlling others as well. The problem is often part of an addictive or depressive syndrome or both (which the author understands well from her own experience); the solution she offers is to work extra hard at clarifying each person's boundaries, keeping everyone's responsibilities separated, and becoming obsessive about looking after one's own interests in the face of demands to do otherwise. Christina Moore's elegant diction stirs in a measure of attention-getting gravitas to this weighty mixture of classic relationship advice. T.W. © AudioFile 2006, Portland, Maine-- Copyright © *AudioFile, Portland, Maine*

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#### **Jonathan Smith:**

The reason why? Because this Codependent No More: How to Stop Controlling Others and Start Caring for Yourself is an unordinary book that the inside of the reserve waiting for you to snap it but latter it will distress you with the secret the idea inside. Reading this book next to it was fantastic author who have write the book in such wonderful way makes the content inside of easier to understand, entertaining technique but still convey the meaning thoroughly. So , it is good for you for not hesitating having this nowadays or you going to regret it. This excellent book will give you a lot of gains than the other book include such as help improving your skill and your critical thinking approach. So , still want to hesitate having that book? If I had been you I will go to the e-book store hurriedly.

#### **Marlyn Melia:**

The book untitled Codependent No More: How to Stop Controlling Others and Start Caring for Yourself contain a lot of information on that. The writer explains the girl idea with easy method. The language is very easy to understand all the people, so do definitely not worry, you can easy to read it. The book was published by famous author. The author will take you in the new time of literary works. You can actually read this book because you can read on your smart phone, or gadget, so you can read the book with anywhere and anytime. If you want to buy the e-book, you can wide open their official web-site as well as order it. Have a nice study.

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