

Beyond Codependency: And Getting Better All The Time - Melody Beattie

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You're learning to let go, to live your life free of the grip of someone else's problems. And yet you find you've just started on the long journey of recovery. Let Melody Beattie, author of the classic Codependent No More, help you along your way. A guided tour past the pitfalls of recovery, Beyond Codependency is dedicated to those struggling to master the art of self-care. It is a book about what to do once the pain has stopped and you've begun to suspect that you have a life to live. It is about what happens next. In simple, straightforward terms, Beattie takes you into the territory beyond codependency, into the realm of recovery and relapse, family-of-origin work and relationships, surrender and spirituality. With personal stories, hard-won insights, and activities, her book teaches the lessons of dealing with shame, growing in self-esteem, overcoming deprivation, and getting past fatal attractions long enough to find relationships that work. "Melody Beattie is an American phenomenon . . . She connects with age-old quests for self-improvement and rebirth. . . [And she] understands being overboard, which helps her throw best-selling lifelines to those still adrift." Time "[This book] goes beyond how we hurt to how we heal."

Veronica Ray, author of Choosing Happiness
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