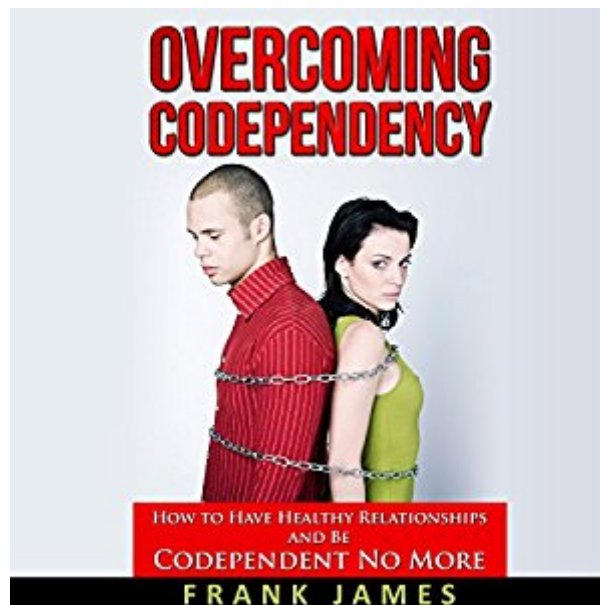


The book was found

Overcoming Codependency: How To Have Healthy Relationships And Be Codependent No More



Synopsis

Codependency is a recognized psychological condition that affects a great number of people. However, unlike most other psychological conditions, this one only occurs within the context of a relationship. You don't necessarily have to be involved in a romantic relationship to be codependent. You can be in a codependent relationship with a member of your family, a friend, a coworker, or anyone else that you deal with in your life on a regular basis. Being involved in a codependent relationship is very dysfunctional and debilitating to the parties involved because both individuals in an unhealthy way become enablers of each other. Are you currently involved in a codependent relationship and seek a solution that will help you as well as the other individual to have a happier, healthier, and more sustaining relationship? Do you want to learn the secrets of how to masterfully overcome codependency? In his audiobook entitled *Overcoming Codependency*, author Frank James provides you with everything you need to know in order to get started on your journey toward an improved, happier self: from recognizing the signs of codependency to taking those first steps to overcoming your codependent problem. You will learn: How to recognize codependency in yourself General signs of codependency General signs of an unhealthy relationship How codependency can be damaging to your relationship The problems which develop from codependency The consequences of ignoring the problems associated with codependency Step by step how to overcome codependency And much, much more.

Book Information

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Customer Reviews

Overall this is a very helpful book. It begins with a 20 question multiple choice quiz that asks about personality traits. Each answer has from 0 to 4 points. Then the points are counted and there is a score. The higher the score, the higher the level of Codependency. There are good suggestions that will help in this book. The suggestions are very meaningful. All in all, this is a very good book. I would like to have seen additional resources in the end of the book and perhaps an index. This is why I give this book 4 stars.

Very short and to the point. It lists things to look for in yourself as well as other people. And points out how to know when your getting better. An okay read/listen.

Short and to the point; a good basic explanation of a relatively-recent construct in the list of human "addictions."

Great information to understand and begin freedom from codependency.

very poorly written

This was a very interesting book. It's a good start for someone who wants a change.

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