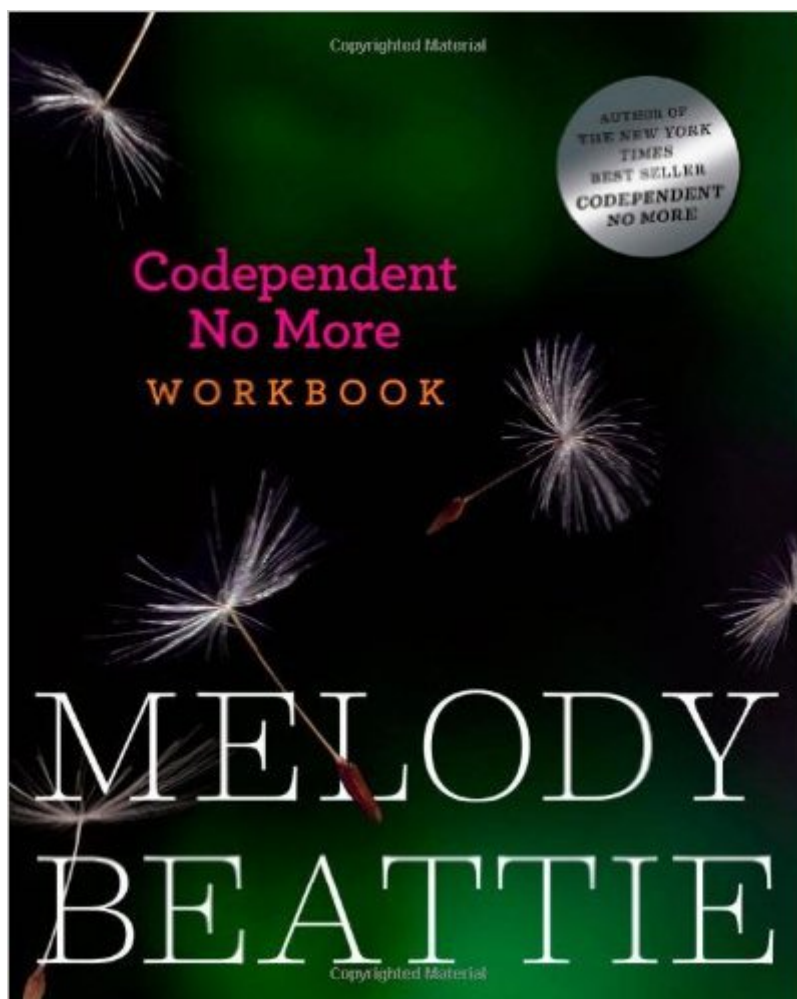


The book was found

Codependent No More Workbook



Synopsis

This highly anticipated workbook will help readers put the principles from Melody Beattie's international best seller *Codependent No More* into action in their own lives. The *Codependent No More Workbook* was designed for Beattie fans spanning the generations, as well as for those who may not yet even understand the meaning and impact of their codependency. In this accessible and engaging workbook, Beattie uses her trademark down-to-earth style to offer readers a Twelve Step, interactive program to stop obsessing about others by developing the insight, strength, and resilience to start taking care of themselves. Through hands-on guided journaling, exercises, and self-tests, readers will learn to integrate the time-tested concepts outlined in *Codependent No More* into their daily lives by setting and enforcing healthy limits, developing a support system through healthy relationships with others and a higher power, experiencing genuine love and forgiveness, letting go and detaching from others' harmful behaviors. Whether fixated on a loved one with depression, an addiction, an eating disorder, or other self-destructive behaviors, or someone who makes unhealthy decisions, this book offers the practical means to plot a comprehensive, personalized path to hope, healing, and the freedom to be your own best self.

Book Information

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Best Sellers Rank: #3,094 in Books (See Top 100 in Books) #4 in [Books > Health, Fitness & Dieting > Mental Health > Codependency](#) #12 in [Books > Religion & Spirituality > New Age & Spirituality > Mysticism](#) #12 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse](#)

Customer Reviews

I chose this book to review because this subject is very personal to me. Without going into too much detail, I have a family member that has an addiction. It has been a very trying time for me over the

past year. I actually own the original book CODEPENDENT NO MORE but I haven't opened it yet. However, when this book was offered to me I realized that some good would come out of me reading it. Going to a 12 step program such as Al-Anon, Nar-Anon or Codependents Anonymous is something the book highly recommends. The format of the book is shaped around the 12 steps of Codependents Anonymous with each chapter going into detail about a step or two. The steps are similar to those in other 12 step programs with slight adaptations to fit Codependents. Each chapter has exercises and activities to make sure the reader understands the steps discussed. Since it can take months or even years to move past certain steps, it can be a while before the book is finished. However taking as much time as it needs to come to this understanding is beneficial to find healing. There are some places where I am in disagreement with the author. I'm not sure if this is because of my faith vs. the theory but several times I felt that I could not agree with Beattie. I completely understand the need that I need to focus on myself and reevaluate how I am acting and thinking. Maybe I just read it wrong or I'm not completely understanding but there were times when I felt that it seemed that the addict or whoever is causing you to be codependent was not at fault and you were. To worry or even think about them at all seemed to be wrong. It's said that you might even need to completely cut them out of your life in order to make yourself better.

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