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Beyond Codependency (Paperback)

By Melody Beattie

Hazelden Information Educational Services, United States, 1996. Paperback. Condition: New. Language: English . Brand New Book. 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. 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...

Reviews

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