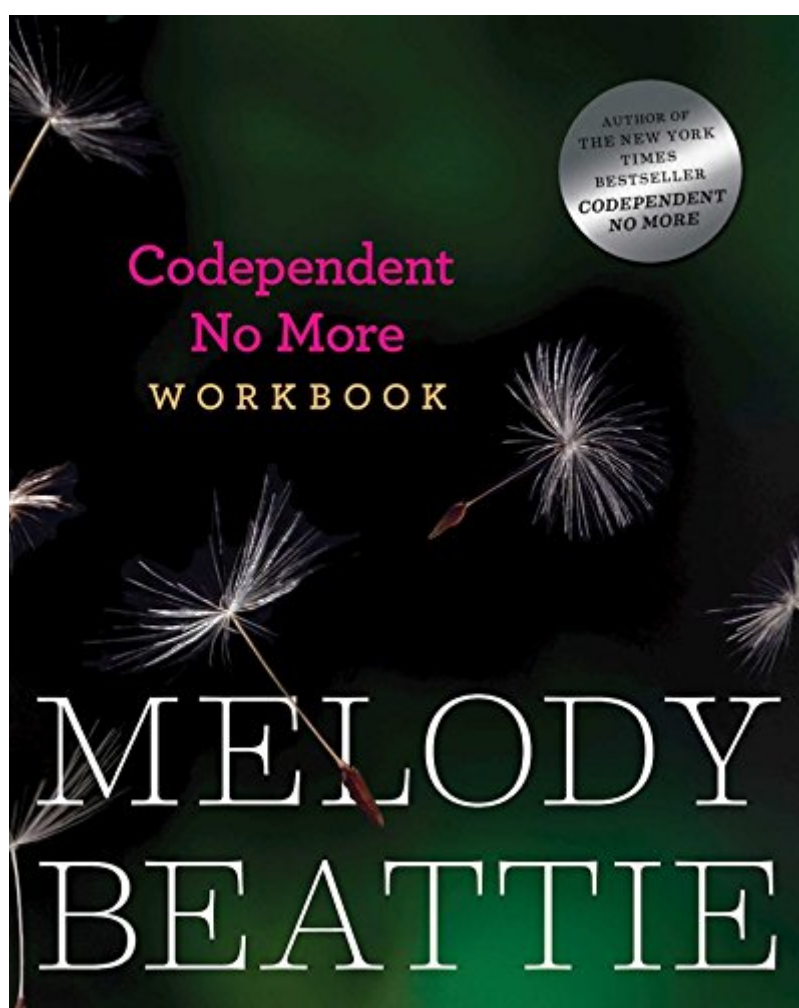


The book was found

# Codependent No More Workbook: Exercises For Learning To Stop Controlling Others And Start Caring For Yourself



## 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. 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

File Size: 886 KB

Print Length: 202 pages

Publisher: Hazelden Publishing; 1 Workbook edition (March 9, 2011)

Publication Date: March 9, 2011

Sold by: Amazon.com, Inc. or its affiliates

Language: English

ASIN: B00BS02CI4

Text-to-Speech: Not enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #32,862 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #10

inÃ   Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Mental Health > Codependency   #18 inÃ   Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse   #44 inÃ   Â Books > Health, Fitness & Dieting > Mental Health > Codependency

## Customer Reviews

I purchased this as a companion to her book, "Codependent No More." It was definitely a book from GOD! It is helping me so much and I've had it less than a week. Anyone with addicts in their family or close circle of friends owes it to themselves to read this and her other book as well. It will answer questions you didn't realize you had. VERY HELPFUL AND HEALING!!! thank God for leading me to purchase it.

After I fell apart after a relationship, I found out i was codependent. This book really helps to explain the whys of the illness. There was a lot there that really sounded like they were talking about me in my situation. Great stuff.

I haven't completed working the book yet, but it promises a lot. Good exercises. Quite insightful.

I am working thru this workbook with my Al-Anon sponsor currently. We are really getting some insight!

Very satisfied. Met product description. Also, it arrived timely.

As advertised. Thank you

Really helps individuals look deep within themselves and understand how their codependency hurts themselves and others.

Learning about myself through Melody's books has been a real eye opener and is helping to make sense of my life. I would recommend these books to anyone. Self-improvement is a life-long learning process.

[Download to continue reading...](#)

Codependent No More Workbook: Exercises for Learning to Stop Controlling Others and Start

Caring for Yourself Codependent No More: How to Stop Controlling Others and Start Caring for Yourself  
Codependency: The End of Codependency: How to Stop Controlling and Enabling Others, Love Yourself, Have Happy Relationships, and be Codependent No More  
Codependency - ¿Loves Me, Loves Me Not? • Learn How To Cultivate Healthy Relationships, Overcome Relationship Jealousy, Stop Controlling Others and Be Codependent No More  
Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training)  
Stop Smoking: Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop)  
Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others  
Codependent No More, Overcome Codependence: Sleep Learning, Guided Self Hypnosis, Meditation, & Affirmations  
Codependent No More Workbook Enjoy Growing Your Own Great Rose Garden: A Definitive Rose Gardening Guide That Will Give You Superior Ideas On How To Grow Roses, Tips On Caring For Roses, Caring For Roses And A Lot More!  
The Addict's Loop: A New Understanding And Workbook For Codependent Relationships And Addiction  
The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation & ... Tolerance (New Harbinger Self-Help Workbook)  
Overcoming Codependency: How to Have Healthy Relationships and Be Codependent No More  
Stop Being Your Symptoms and Start Being Yourself: The 6-Week Mind-Body Program to Ease Your Chronic Symptoms  
Ya No Seas Codependiente (Codependent No More): Como Vivir y Evitar una relacion enferma con seres queridos que son comedores compulsivos, adictos al alcohol, tabaco, drogas, sexo (Spanish Edition)  
Codependent No More Codependent No More & Beyond Codependency  
Stop Herpes Now!: A Self-Help Guide to Understanding and Controlling Herpes  
Quality Caring in Nursing and Health Systems: Implications for Clinicians, Educators, and Leaders, 2nd Edition (Duffy, Quality Caring in Nursing)  
The Selfish Pig's Guide To Caring: How to Cope With the Emotional and Practical Aspects of Caring for Someone

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)