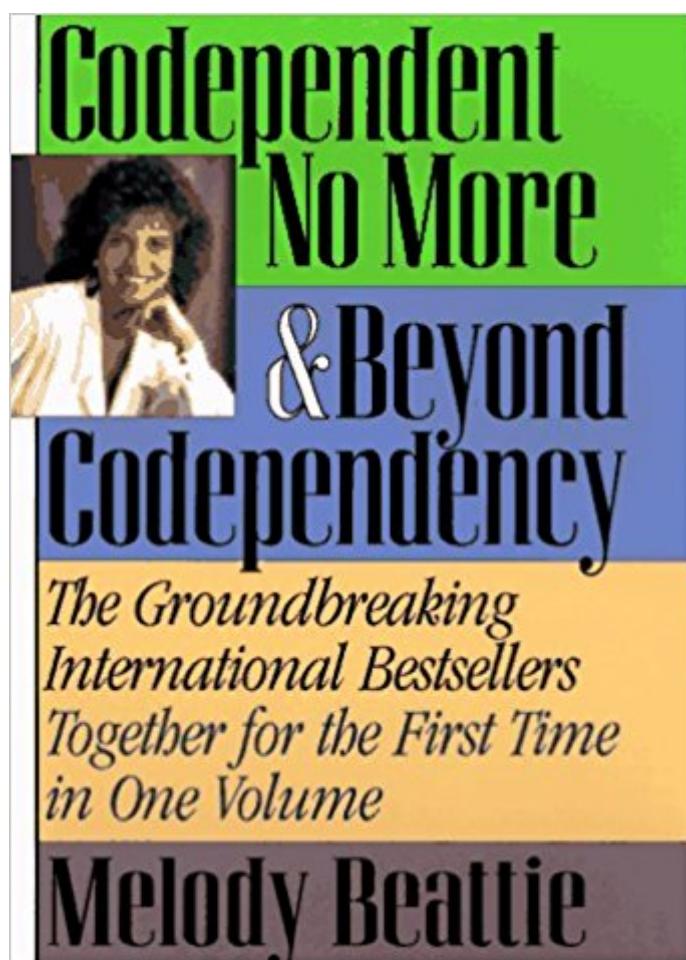


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# Codependent No More & Beyond Codependency



## **Synopsis**

Gently used hardcover. MJD Books, 1st printing 1992

## **Book Information**

Hardcover: 492 pages

Publisher: MJF Books; 1st edition (March 1997)

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## **Customer Reviews**

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A few bits were helpful to recognize patterns of dysfunction, but unless the problem involves alcohol or substance abuse, the book doesn't seem to apply (not all codep involves drugs). VERY repetitive, anecdote after anecdote instead of hard info/assistance suggestions. You, the reader, are thoroughly scolded on every page. Had picked up on rec from a relative, but her situation was an alcoholic sibling.

Maybe when she wrote this it was groundbreaking. Now it is just one more self help book that doesn't say much new. If you have any human characteristics, you could self diagnose as co-dependent by the standards of this book. And then anecdotes and little research....very self helpy, but then I suppose that is the genre. Just know what you are getting into.

My marriage ended after 19 years and I read this book thinking it would help me because I thought my ex was codependent. Funny thing-after reading the book I discovered it was me who was! This book really helped me understand what codependency really is and realize how it had affected my marriage and helped me to be "Codependent No More." Yes, I still sometimes find myself falling back but because of the book I recognize and correct it. Now, 14 years later I have purchased this

book for a friend who I quickly saw as codependent in her difficult, troubled relationship with her drug addicted son. Her situation is so different than mine was but we both were/are doing the same codependent things. I know this book can help her if she reads it.

This book was recommended to me by my therapist. It is an excellent book to help any one understand what codependency is and how it affects people. It also provided some very good suggestions for getting started on the road to recovery. This book is easy to understand and is very non-judgmental. I definitely recommend it to others who may think they are codependent, who know they are codependent, or who know someone who is codependent.\*\*\* I highly suggest you read it at your own pace. There is no rush. You have time, no matter what anyone else says. It's OK if you take a long time. But don't give up. I also highly suggest you do the activities described at the end of each chapter - they are very helpful. \*\*\*

this book helps anyone who feels like a doormat, people-pleaser, cares for all with no thought of how their life is working for them. I have given this book to a number of people in recovery from all types of addictions. It opened my eyes and helped me see I can take care of me first and be healthy to care for ours.

This book was life changing for me. My stepmom recommended I read it after my divorce, as it had helped her tremendously when she went through hers. My counselor also recommended it. This book does have a lot of references to addiction/alcoholism, which doesn't always apply to everyone, but the information is valuable nonetheless and you can apply it all to your own situation. I saw myself in this book so much. This book gave me strategies for creating healthier relationships and for changing behaviors that I want/need to change in order to do this and be a happy, whole person. Her big theme is "take care of yourself" rather than focusing so much on other people. It offers a very nice balance between how to still be a giving, caring person but not get hurt or lose yourself in the process. I took my pen and underlined throughout the book as I went. I still go back and re-read sections and I find that it is extremely empowering. HIGHLY RECOMMENDED. Especially for people who continue to find themselves in relationships where they give more than the other person does, want their partner to change, feel unhappy and used and are not sure why, or just find that they have codependent tendencies.

Older book but useful information. Helped me see the balance between being over-responsible for

others vs.caring & helping appropriately, & to be able to let go when their choices for themselves are unhealthy. Helps to let go of guilt over being unable to effect change in others & realize they are responsible for their own choices.

I was told by a friend to buy this book for my sister, who was involved in two co-dependent, verbally abusive, alcoholic relationships in a row. After reading the first chapter, she called me in tears that she couldn't believe she lived like this for so many years with two men (8 years one, 11 years the second). She was able to leave her husband, with 3 toddlers (ages 3, 2, and 1) for a better life for all of them, and all thanks to this book, that opened her eyes. I am very thankful that she was able to do this, since we all wondered if she could ever accept the relationships she was involved in were destructive emotionally, let alone leave with 3 young children. Totally recommend this book! Buy it for yourself or someone you know or suspect might be involved in co-dependent, unhealthy relationships.

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