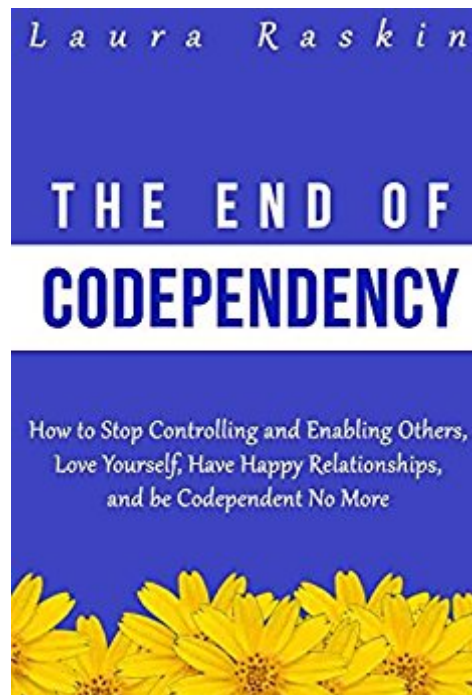




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Codependency: The End Of Codependency: How To Stop Controlling And Enabling Others, Love Yourself, Have Happy Relationships, And Be Codependent No More



Synopsis

Do you wish you could spend every waking hour with your partner? Do you get jealous when they're with other people, and are afraid that you would lose your "better half" if they left? Do you have a history of struggling with low self-esteem, a vague sense of your identity, and an inability to really pinpoint what you want in life? If you answered yes to any of these three questions, you have codependent tendencies and this book can help! This book will help you understand exactly what codependency is and how it is often idolized in the media as being a defining and necessary quality of a passionate romance. In reality however, codependency is toxic. It destroys relationships. Understand the roots of codependency You'll learn about how and why codependent tendencies begin, as well as the four types of codependents: the Martyr, Savior, Coach, and People-pleaser. Many codependents display a mix of traits associated with these types, and often are all four at once. Understanding the building blocks of codependency and how codependent tendencies manifest into particular archetypes, you will gain a better understanding of yourself and how your mind and emotions work. Break free of codependency! This book is not just some psychology professor's ivory tower theories. This is a book for the trenches of life. Its aim is practical in nature. We must understand codependency so that we can conquer codependency in our own lives. Grab this book today and learn: What codependency is, where it comes from, and what it does to people The roots of codependency, including addictions, abuse, neglect, shaming, sibling and parental relations, and more How to really know if you are codependent The four types of codependents: the Martyr, Savior, Coach, and People-pleaser Actionable strategies to improve self-love and self-care starting today What to do if your partner is the codependent one What a healthy relationship really looks like The ultimate how-to self help guide for codependents and those who love them Everyone deserves to be happy and deserves to know who they are outside of their relationship with their significant other. When a person truly believes they are valuable and lovable, life will be so much better than it was before. Relationships will grow and thrive. It's time to put codependency in the past and embrace what love is meant to be. This book will improve your romantic and interpersonal relationships, as well as your self-image and self-esteem, guaranteed or your money back. Grab this proven "how to" guide today and make a small investment in your self and your relationships that will pay off exponentially within a matter of weeks or even just days! Tags: codependency, codependent relationship, relationships, love, boundaries, self, free, manipulation

Book Information

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Customer Reviews

I read this and "I'm OK, You're OK" last month and both books helped me to put a lot of things into perspective. They are both classic books in my opinion and deliver a lot of insight into how you react to things and why your personality is the way it is. Most importantly about this book is it shows you how you can change some of the things that are holding you back in life so you can have healthier relationships.

This book is fantastic. Once I started reading it, I couldn't put it down. The author gives descriptions of each type of codependent so that there is a thorough understanding of each one, goes over the traits of each, gives examples of how you might fit into each one, then gives good sound advice, exercises, and techniques for overcoming them. Just the suggestions for building your self-esteem and learning how to love yourself make this book a must read. I recommend to everyone.

Honestly one of the better self help books I have read. It was amazing to me that as I read through

some of the author's statements about background, childhood influences, and other causes of codependent tendencies I realized I had experienced just about all of them. This is an author who "gets it" and she is well positioned to speak from a position of authority and expertise on how to overcome codependency and foster healthy relationships.

I wasn't sure I needed this book because I didn't think I was codependent. I did a little online test that said I was though so I thought it was worth looking into further. For the price, this book was worth taking a chance on. I'm very grateful I did! I learned so much from this book and I now know there are different kinds of codependency including one that exactly identified me. This author has explained a hard topic in a friendly way and made me understand more about myself. Trust me, this one is worth the read

Wow! I learned so much from the book. I never heard about codependency before and this is new to me. I appreciated how the book was written. It is well explained and very intellectual in sharing the knowledge to a reader like me. I am going to share this to my partner, my husband. I know he will enjoy reading this book too.

This is an interesting book! It will guide us on how we recognize if we or the people around us have the sign. It will create healthy relationship for you and your partner and will give you an understanding the kinds of personality you have. I hope that there are more books like this.

It had some good information, but I didn't feel a lot of connection to my situation with this book. Good place to start for codependency.

Educational

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