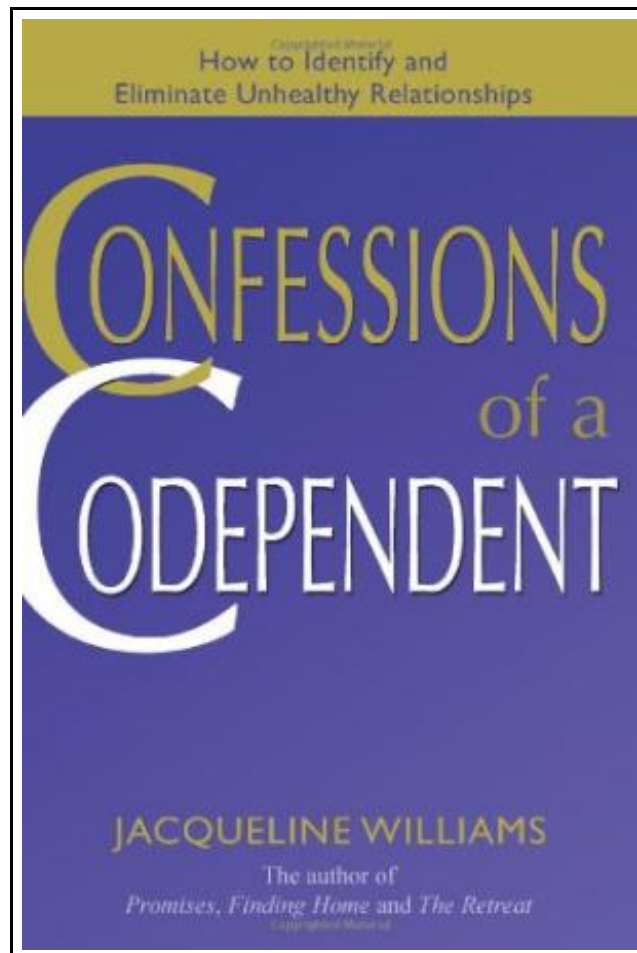


Confessions of a Codependent: How to Identify and Eliminate Unhealthy Relationships (Paperback)



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Reviews

This publication may be worth purchasing. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Cassandra Von)

CONFESSIONS OF A CODEPENDENT: HOW TO IDENTIFY AND ELIMINATE UNHEALTHY RELATIONSHIPS (PAPERBACK)



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iUniverse, United States, 2006. Paperback. Book Condition: New. 223 x 147 mm. Language: English . Brand New Book ***** Print on Demand *****.After enduring more than her share of codependent relationships, author Jacqueline Williams knew she needed to change her behavior patterns. Through a great deal of soul-searching, therapy, and prayer, Williams came to understand her codependency and how to eradicate it from her relationships. Written especially for women, *Confessions of a Codependent: How to Identify and Eliminate Unhealthy Relationships* defines codependent relationships, explains why they are so self-destructive, and explores why these relationships can at times lead to physical violence. *Confessions of a Codependent* shares other women's stories of codependent, abusive, and/or dysfunctional relationships, as well as the ways these women were able to leave them and move on to healthier partnerships. *Confessions of a Codependent* also includes practical advice on how to recognize signs that your relationship may be heading toward emotional and/or physical abuse, how to move away from self-defeating and self-destructive behaviors, and resources that you can use to escape a codependent relationship. If you're struggling in your current relationship and feel trapped by codependency, break the cycle with *Confessions of a Codependent* !.



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