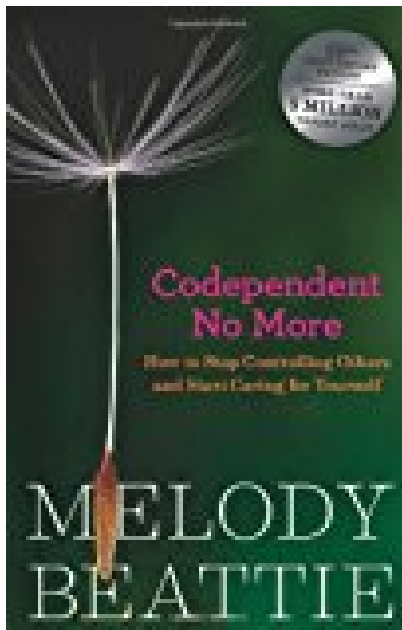


Codependent No More How to Stop Controlling Others and Start Caring for Yourself



BOOK DETAILS

- Author : Melody Beattie
- Pages : 229 Pages
- Publisher : Hazelden
- Language : English
- ISBN : 0894864025



BOOK SYNOPSIS

Discusses codependency and contains real-life examples, personal reflections, exercises, and self-tests designed to help people overcome their codependency.

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