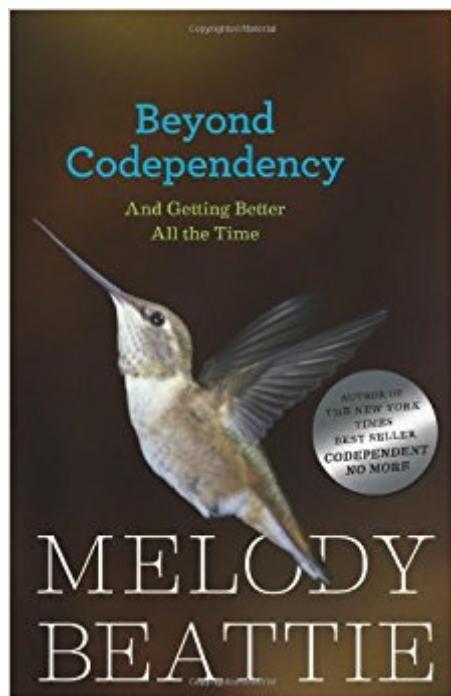


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# Beyond Codependency: And Getting Better All The Time



## **Synopsis**

In simple, straightforward terms, Beattie takes you into the territory beyond codependency, into the realm of recovery and relapse, family-of-origin work and relationships, surrender and spirituality. You're learning to let go, to live your life free of the grip of someone else's problems. And yet you find you've just started on the long journey of recovery. Let Melody Beattie, author of the classic *Codependent No More*, help you along your way. A guided tour past the pitfalls of recovery, *Beyond Codependency* is dedicated to those struggling to master the art of self-care. It is a book about what to do once the pain has stopped and you've begun to suspect that you have a life to live. It is about what happens next. In simple, straightforward terms, Beattie takes you into the territory beyond codependency, into the realm of recovery and relapse, family-of-origin work and relationships, surrender and spirituality. With personal stories, hard-won insights, and activities, her book teaches the lessons of dealing with shame, growing in self-esteem, overcoming deprivation, and getting past fatal attractions long enough to find relationships that work.

## **Book Information**

Paperback: 252 pages

Publisher: Hazelden Publishing (April 1, 1989)

Language: English

ISBN-10: 0894865838

ISBN-13: 978-0894865831

Product Dimensions: 5.4 x 0.7 x 8.4 inches

Shipping Weight: 13.4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 126 customer reviews

Best Sellers Rank: #36,346 in Books (See Top 100 in Books) #42 in Books > Health, Fitness & Dieting > Mental Health > Codependency #54 in Books > Religion & Spirituality > New Age & Spirituality > Mysticism #126 in Books > Parenting & Relationships > Family Relationships > Abuse

## **Customer Reviews**

Adult children of alcoholics and drug abusers will want to peruse this encouraging sequel to Beattie's groundbreaking book on the dynamics of codependency ( *Codependent No More* ). She focuses here on the process of recovering from the self-defeating behaviors adopted as survival tactics by adult children of families rendered dysfunctional by parental alcoholism or similar traumas. Beattie's strength is short, sharply delineated portraits of ordinary people learning to recognize and

avoid unhealthy practices--obsessive concern for the welfare of others at one's own expense, lack of self-esteem, etc. The author stresses the practical, offering possible ways to cope with difficulties and suggesting "activities" ("What would a diagram of your recovery look like?") at the end of each chapter. And Beattie maintains the sensitive, supportive tone epitomized in the opening chapter: "Let's love ourselves for how far we've come. Let's see how far we can go." The uninitiated may be put off initially by her jargon, but the author's wisdom and common sense soon become apparent. 175,000 first printing; \$125,000 ad/promo; author tour. Copyright 1989 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Codependency is a term applying not only to the spouses of alcoholics and drug abusers, but to any "person who has let someone else's behavior affect him or her, and is obsessed with controlling that person's behavior." In her best-selling *Codependent No More* , and now here, Beattie draws on her own experience and on the insights developed by a whole U.S. subculture devoted to treatment and to participation in 12-step programs such as AA and Al-Anon. There are a lot of books circulating in this subculture, but Beattie reaches out to the mass market. She covers the usual codependency topics--oneself and one's needs, family of origin, intimacy, boundaries, conflict resolution, children, relationships, and relapse or recycle--but places them all in the infrequently considered context of how to keep going with a recovery process once it's begun.- Janice Dunham, John Jay Coll. Lib., New YorkCopyright 1989 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

I bought the audio version and the reader has a very pleasant voice.

Melody is excellent and I would highly recommend her books

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

good book

another good book by Melody....helps me a lot

One of only a handful of self-help books I have read and would recommend!

This author is an expert having lived through all this and recovering. Recovery is a lifelong process and this book has been a great help. It isn't just for those who have been afflicted by substance abuse, it is for those of us who lived with that in our families. It is for us who have learned codependency unbeknownst to ourselves and are struggling because of it. This has been a real eye opener for me and came at a time that I could accept and understand it. Praise God!!

Very helpful book to help people deal with and understand this serious issue beyond their self and their families. If anyone suffers with this problem, I recommend this book to keep on hand. I also have the devotional book "Language of letting go" and I read it daily. Have recommended it to several friends who never knew they had codependent issues and the same lightbulb came on for them as it did for me when I started reading Melody Beatties work.

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# Codependency Recovery: Wounded Souls Dancing in The Light

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