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Codependent No More is a bit lacking in good, deep psychology. The author, for example, says the codependent has been sometimes hurt in the past, but I didn't find a good explanation on how that has affected them. Or she says that the codependent learned that it's wrong to state their needs.

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Codependent No More contains dozens of real-life examples, personal reflections, exercises, and self-tests to help you along the road to recovering your own life. For anyone struggling with a relationship involving alcoholism or other compulsive behaviors, this program points the way to healing and the renewal of hope. Melody Beattie's insights into the nature of the phenomenon of ...

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One book is titled "Codependent No More" and the other is "Beyond Codependency." I picked them up at the library after hearing the term codependent used in The Emotionally Abusive Relationship. I've been interested in learning about the concept in the past and never gotten around to it. So what is codependency?

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"Codependent No More PDF Summary" Melody recalls her first encounter with the very idea of codependence in the sixties. At that time, people at the mercy of others were not referred to as codependents. The same approach applied to drug and alcohol abusers who were later labeled as chemically dependent.

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Codependent No More is a self-help book about codependency and how to overcome it. It was originally published in 1986, but before codependency became widely recognized as a mental health issue. Codependency is a very serious issue in relationships.

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