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This new edition of Codependency For Dummies will serve as the most comprehensive book on the topic to date and will feature two new chapters on how therapists/coaches/nurses are affected by codependency and how they can avoid pitfalls and The 12-step program for help in recovering specifically for codependent issues for the very first time.

Codependency - dummies

Codependency For Dummies offers assistance in understanding the history, symptoms, causes, and relationship dynamics of codependency and lays out a clear plan for recovery with exercises, practical advice, and daily reminders to help you know, honor, protect, and express yourself.

CODEPENDENCY FOR DUMMIES | What Is Codependency?

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From Codependency For Dummies, 2nd Edition. By Darlene Lancer . If you wonder whether you may be codependent, you're not alone. Different types of people may behave in a codependent manner, and codependence manifests in varying degrees of severity.

Codependency for Dummies by Darlene Lancer

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Codependency for Dummies was an essential step in my recovery from codependency...This book includes how to set boundaries, inner child work, letting go and nonattachment, developing self esteem, and how to find support from others...I have gained lots of self-confidence and depend less on others for my emotional well-being.

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