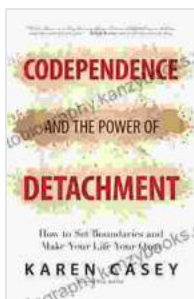


Codependence and the Power of Detachment: A Journey to Freedom

Codependence is a complex and debilitating condition that can affect anyone. It is characterized by an unhealthy dependence on another person, which can lead to a variety of problems, including emotional distress, physical illness, and relationship difficulties.



Codependence and the Power of Detachment: How to Set Boundaries and Make Your Life Your Own (For Adult Children of Alcoholics and Other Addicts)

by Karen Casey

★★★★☆ 4.4 out of 5

Language : English
File size : 2888 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 178 pages



In *Codependence and the Power of Detachment*, Darlene Lancer provides a comprehensive guide to understanding and overcoming codependency. Lancer draws on her own experiences as a codependent and her work with thousands of clients to offer practical advice and support.

The book is divided into three parts. Part One provides an overview of codependency, including its symptoms, causes, and consequences. Part

Two offers a step-by-step guide to recovery, including how to set boundaries, develop self-esteem, and learn to live a life of independence. Part Three provides resources and support for those in recovery, including information on support groups, therapy, and self-help books.

Codependence and the Power of Detachment is a valuable resource for anyone struggling with codependency. It provides a wealth of information and support, and can help readers on their journey to recovery.

Here are some of the key takeaways from the book:

- Codependence is a learned behavior that can be overcome.
- Codependents often have low self-esteem and a need to be needed.
- Codependents often enable the addictive or dysfunctional behavior of others.
- Codependency can lead to a variety of problems, including emotional distress, physical illness, and relationship difficulties.
- Recovery from codependency is possible with the help of therapy, support groups, and self-help books.

If you think you may be codependent, here are some of the signs:

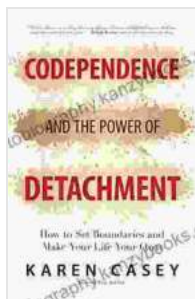
- You feel responsible for the happiness and well-being of others.
- You put the needs of others before your own.
- You have difficulty setting boundaries.
- You feel guilty when you say no to others.
- You are afraid of being abandoned or rejected.

If you recognize yourself in any of these signs, it is important to seek help. Codependency is a serious condition that can have a devastating impact on your life. However, recovery is possible with the help of therapy, support groups, and self-help books.

Here are some tips for overcoming codependency:

- Learn to set boundaries.
- Develop self-esteem.
- Learn to live a life of independence.
- Seek help from a therapist or support group.

Overcoming codependency is a journey, but it is one that is worth taking. With the help of therapy, support groups, and self-help books, you can recover from codependency and achieve emotional freedom.



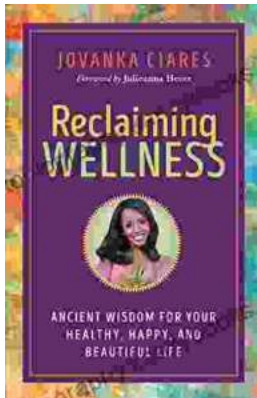
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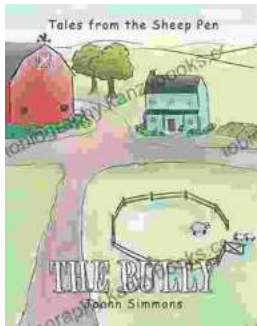
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Ancient Wisdom for Your Healthy, Happy, and Beautiful Life

In our fast-paced modern world, it can be easy to lose sight of the simple yet profound principles that have guided humans for centuries. The book, "Ancient Wisdom for Your..."



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