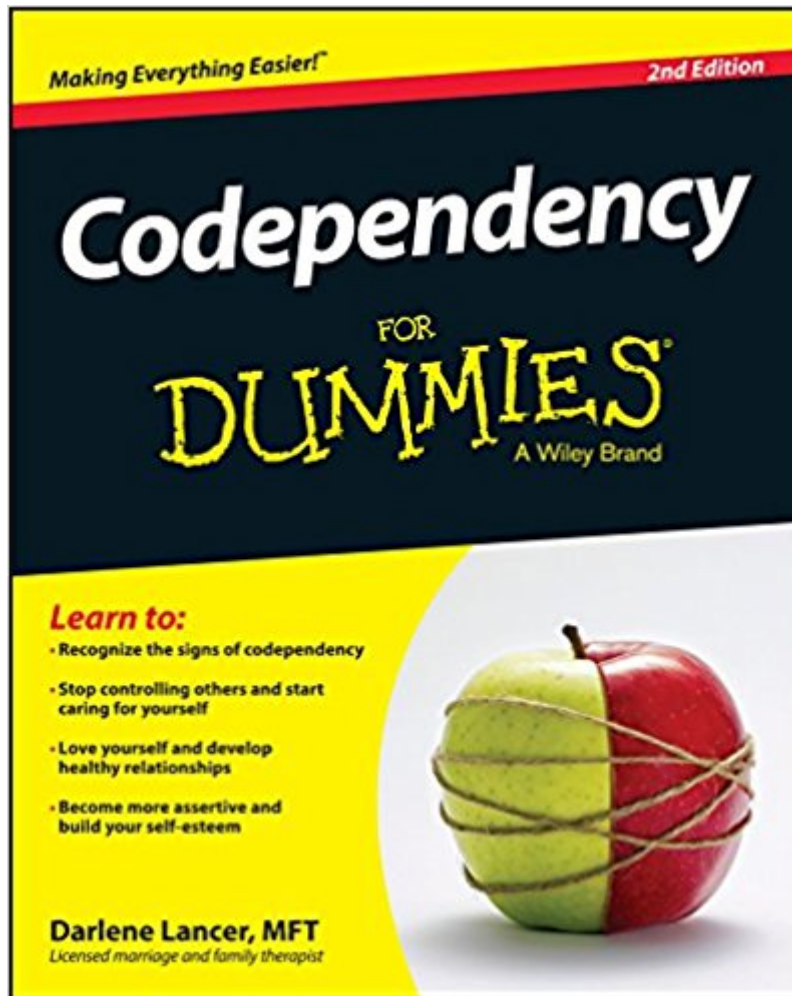




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Codependency For Dummies



Synopsis

Your trusted guide to value yourself and break the patterns of codependency. *Codependency For Dummies*, 2nd Edition is the most comprehensive book on the topic to date. Written in plain English and packed with sensitive, authoritative information, it describes the history, symptoms, causes, and relationship dynamics of codependency. The majority of the book is devoted to healing and lays out a clear plan for recovery with exercises, practical advice, and daily reminders to help you know, honor, protect, and express yourself. New to this edition are chapters on working the Twelve Steps to recover from codependency and how therapists/coaches/nurses are affected by codependency. Codependence is primarily a learned behavior from our family of origin. Some cultures have it to a greater degree than othersâsome still see it as a normal way of living. Yet the costs of codependence can include distrust, faulty expectations, passive-aggressiveness, control, self-neglect, over-focus on others, manipulation, intimacy issues, and a slew of other harmful traits. Codependence causes serious pain and affects the majority of Americansânot just women and loved ones of addicts. *Codependency For Dummies*, 2nd Edition offers authoritative and trusted guidance on ways to raise your self-esteem, detach and let go, set boundaries, recognize healthy vs. dysfunctional relationships, overcome guilt and resentment, and much more. Helps you break the pattern of conduct that keeps you in harmful relationships. Provides trusted guidance to create healthy boundaries, coping skills, and expectations. Offers advice for eliminating feelings of guilt, blame, and feeling overly responsible. Explains the difference between care-giving and codependent care-taking. If you're trapped in the cycle of codependency and looking for help, *Codependency For Dummies*, 2nd Edition offers trusted advice and a clear plan for recovery.

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Customer Reviews

I've read several books on this topic and didn't think there could be one more with any new information. Boy, was I wrong! This book was highly recommended so I decided to give it a try. It is comprehensive with explanations as well as solutions (always helpful for anyone seeking resolution). It wasn't full of examples - mostly just the facts.

I'm a self-help junkie. I was raised by a single dysfunctional mother. I realize now- 38 yrs. later how I was raised has impacted me socially. I only thought I was useful if I was doing something for somebody else, and in the process, I lost my sense of self. I would have bought any addition of this book really, I just happened on this edition. I think the "dummie" series is effective on any subject that is difficult to grasp. Concepts of myself that need to change are difficult for me to see, but this book makes it easier. As other reviewers have said, change isn't overnight, but with education comes an opportunity for change. I used this book in conjunction with other lectures on Youtube: Ross Rosenberg, and Oprah's life class when she talks about balancing her success and boundaries to help others. Also, I have participated in Zen meditation which helps me see how mindfulness can help set the stage for seeing my errors objectively so that I can correct them and let them go. I think for just about anyone (myself included), the learning process is a combination of things. I'm glad I got this book. I'm better off for having read it!

I was accused of being codependent by a friend and was hurt, so I thought I'd see what exactly that meant. Turns out he was right. This is a very helpful book for anyone dealing with it themselves or a close family/personal relationship. You'll be surprised at how much things suddenly make sense.

The author, Darlene Lancer, has first hand knowledge of the devastation of codependency. Who

better to learn about it from than one who has walked in your shoes. Without knowledge, you cannot change direction. No matter what your age, you can have a fulfilling life by learning, often painstakingly, how to heal from codependency. I have - it's taken years. I only look back now to gage my progress as I focus on the future - a happy and fulfilling future that is truly attainable and not just a wish. I strive daily to have healthy balance in my life and to set boundaries and respect those of others. It's not always easy or comfortable to confront your past with honesty and openness, but in doing so you can achieve something you would not otherwise have been able to attain - peace of mind. Please read this book and recommend it to others who suffer from this. There is hope. I never believed that was true - but I do now. I now have the flame of hope and faith in my heart. God bless Darlene for her excellent work in this field.

Darlene Lancer has put together an easy to understand easy to follow guide to understanding codependency and tools to begin breaking free in "Codependency For Dummies". You could read a handful of books on codependency and still not walk away with the value this single book can give you. Codependency can be a very hard topic to narrow down and give specific guidance on, but Darlene gives a well written, but not overwhelming look at the history and differing views of codependency and where they come from. She follows that up with real to life examples to help show how codependency is showing up in your own behavioral patterns and in your own relationships. The problems of codependency come in all shapes and sizes and this book will guide you through discovering how to build a better relationship with yourself, and help you to have and understand relationships with others. Even if you don't believe you are codependent, The tools available in this book will still be valuable in your personal growth.

I bought the first edition of this book about 8 months ago and worked my way through the text and exercises. Darlene clearly knows what she is talking about. She speaks with a voice of authority as one who is well versed in the field and also with the voice of compassion as one who has surmounted her own challenges. I feel this book should be recommended reading for anybody who wishes to improve their relationships, most importantly the relationship with oneself. It has been the catalyst for some serious breakthroughs in awareness for me personally and it is slowly but surely changing the way I relate to others . I now have a clearer grasp of the concept of interpersonal boundaries and the difference between boundaries and barriers. I no longer am the dumping ground of the universe for other peoples dramas, traumas and unresolved projections. I am taking more time to focus on my needs, wants and desires. I no longer feel I have to jump right in and fix the

problems of the world while simultaneously abandoning myself. Did it happen over night? No. Do I slip up from time to time? Yes. However I am catching myself out with these old behaviours more quickly . Do however be warned! When you are no longer the door mat of the universe many people around you will not like it and you have to hold firm in your resolve to claim, own and acknowledge your right to be a sovereign being. You are no longer a slave to another persons reality and you can start living your own life.

Useful book on basic concepts of codependency. Many good suggestions regardless of where you think you are on the co-dependency spectrum, even if you've been uttering under your. breath, "I'm not codependent--am I?" Or, "It's not my problem, it's his problem!"

Thank you to the author! This book is eye opening, extremely helpful with great application points.

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