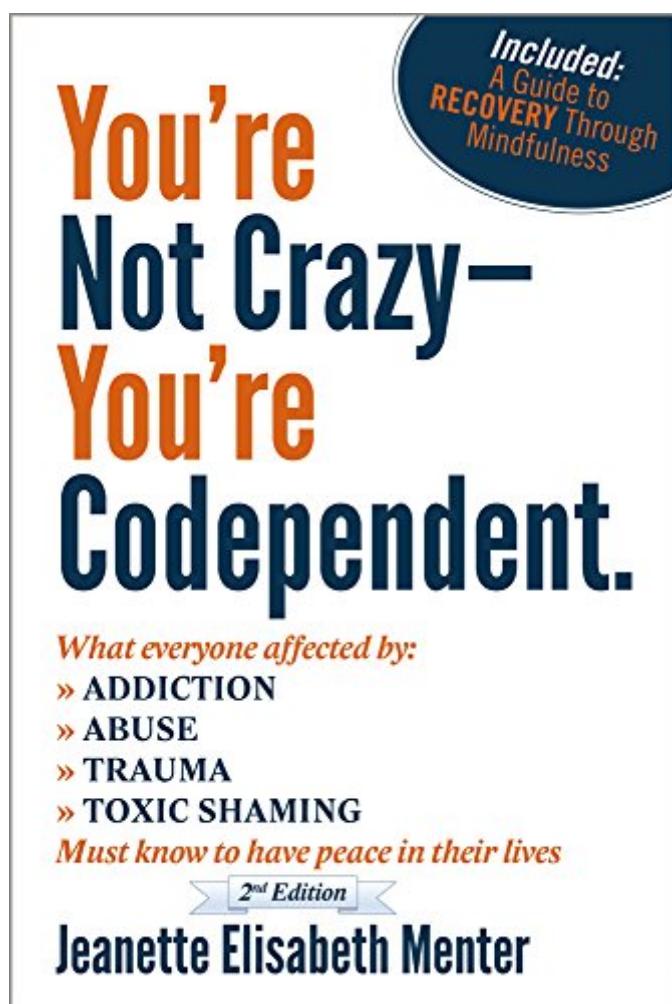


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# You're Not Crazy - You're Codependent.: What Everyone Affected By Addiction, Abuse, Trauma And Shaming Needs To Know To Have Peace In Their Lives





## **Synopsis**

Excellent companion book to materials used in 12-step programs, especially ACA (Adult Children of Alcoholics) and CODA (Codependents Anonymous.) If your life has been affected by addiction (yours or someone else's), abuse, trauma or toxic shaming, you may also be struggling with another invisible problem - codependency. Without you even being aware of the connection to the above issues, it has created additional life-long challenges such as endless guilt, anxiety, perfectionism, need to control, depression, a history of dysfunctional relationships and fear of abandonment. This easy to understand, interactive book will reveal how codependency has sabotaged you, the lies it created in your beliefs and the truths that expose them. Also included is a Guide to Recovery using simple acts of mindfulness to overcome harmful habits in your thinking, actions and choices which are keeping you from having peace. Once you understand you are not crazy, just coping with the deep-seated effects of codependency, you will be free to create the life you were always meant to have.

## **Book Information**

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## **Customer Reviews**

I was looking for a way to understand my codependency issues. By reading this book and actually doing the exercises I'm a long way down the road towards breaking the habits and entrenched thinking that have held me captive for years.

I have always known something was not right with me, but could never pinpoint what that something was. Based on past relations with significant others, family and friends...I just thought I was a depressed control freak. After reading reviews and description of this book, I finally got it. After forty years, I finally understand that I'm not crazy and that my actions are based on thoughts I was raised. In no way playing the blame game, it was enlightening to see a pattern in my family structure that dates back even before my time. It's almost like a cycle, and this wonderful book allowed me to see that. That being said, the strategies and confidence I have built up since reading this book has turned me into a more positive person, that wants to live my life and not depend on living through others through control or manipulation even at a subconscious level. It was also peace of mind to know that this is a true disorder...maybe not medically classified, but it is real and it is a cycle/addiction that can be broken. Thanks so much for this eye opener book that has truly changed the way I'm living my life...and my family thanks you as well

A lighter version of the earlier books on codependence but covers the subject very well. Easy to read.

I think this book shed more light on Codependency than any other book I've read.

This book really helps to break down and understand what a codependent is. Perfectly written! I felt like I was reading a story about myself. It really hit home!

Great content and easy to read.

This book enlightened me. I'm almost speechless, but I have a deep need to convey how urgent, necessary, healing, eye opening, and life changing this book is. It is everything I needed to hear to get unstuck and finally start healing. Wow! Namaste

This is a great book if you are serious about healing yourself.

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