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With the publication of Codependent No More in 1986, Melody became a major voice in self-help literature and endeared herself to millions of readers striving for healthier relationships.

*Codependent No More: How to Stop Controlling Others and ...*

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Codependent No More recovery has begun for millions of individuals with this straightforward guide. Through personal examples and exercises, readers are shown how controlling others forces them to lose sight of their own needs and happiness.

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Stop Controlling Others and Start  
Caring for Yourself Author Name:  
BEATTIE, MELODY Categories:  
Psychology / Self Help, Publisher:  
HarperCollins Publishers: November  
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There's no need to be embarrassed to  
be (and stay) Codependent No More.  
No need to be ashamed to have gone

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through the process of allowing codependency (in a negative way) to impact our lives, and then learning to stop trying to do what's impossible (control others) and start focusing on the possible: taking good care of ourselves.

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*There's No Shame in Being CoDependent - Melody Beattie*

Melody Beattie, one of the seminal figures in the recovery movement, is the author of the international bestseller Codependent No More, which has sold over eight million copies and been translated into more

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than a dozen languages. An expert on codependency, Beattie has written fifteen books, including include Beyond Codependency, The Language of Letting Go, and The Grief Club, and lectures ...

*The New Codependency: Help and*

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Beattie*

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worrying about people and problems

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doesn't help. It doesn't solve problems, it doesn't help other people, and it doesn't help us. It is wasted energy.”.

? Melody Beattie, Codependent No More: How to Stop Controlling Others and Start Caring for Yourself.

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In Newsweek magazine, Dr. Drew Pinsky named Melody Beattie's Codependent No More one of the four essential self-help books available today, calling it the "granddaddy of addiction tomes." "Melody Beattie is an American phenomenon....She

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understands being overboard, which helps her throw best-selling lifelines to those still adrift."

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Over the years, Melody Beattie has become well-known in the world of self-

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help literature. After turning away from a life of addiction and suffering, Melody shared her own story in order to help others change theirs. Her overnight sensation, Codependent No More, has been influencing millions for over twenty years.

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*Books - Melody Beattie*

Codependent No More by Melody Beattie, 1987, Harper/Hazelden

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edition, in English - 1st Harper & Row ed.

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The Codependent No More Workbook was designed for Melody Beattie fans spanning the generations, as well as

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for those who may not yet even understand the meaning and impact of their codependency. In this accessible and engaging workbook, Beattie uses her trademark down-to-earth style to offer readers a Twelve Step, interactive program to stop obsessing about others by developing the insight,

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strength, and resilience to start taking care of themselves.

*Codependent No More Workbook:  
Beattie, Melody ...*

Codependent No More: How to Stop  
Controlling Others and Start Caring for  
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