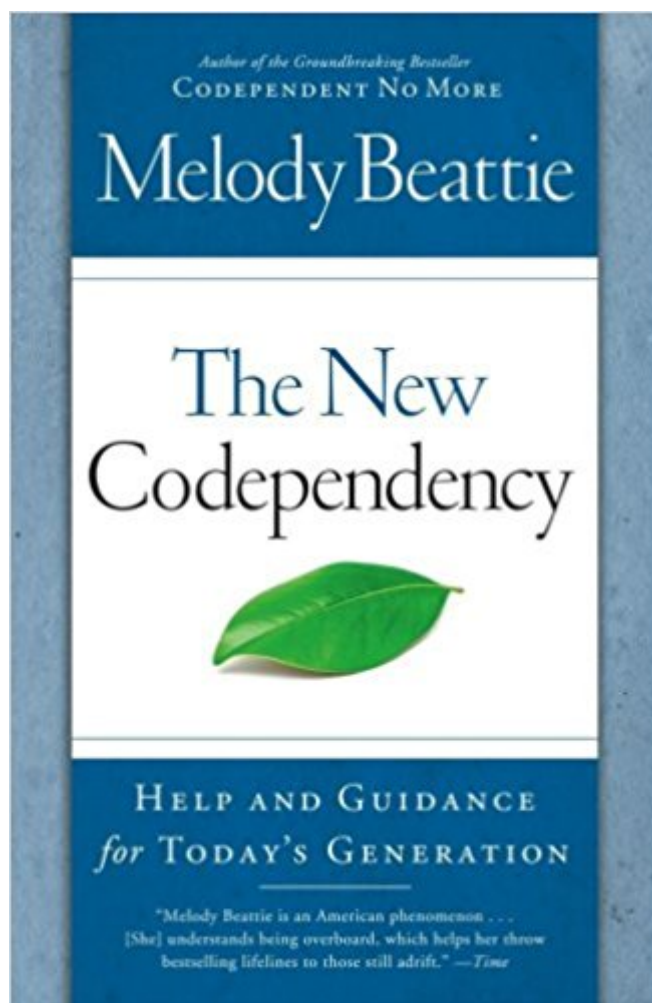


The book was found

The New Codependency: Help And Guidance For Today's Generation



Synopsis

In *Codependent No More*, Melody Beattie introduced the world to the term codependency. Now a modern classic, this book established Beattie as a pioneer in self-help literature and endeared her to millions of readers who longed for healthier relationships. Twenty-five years later concepts such as self-care and setting boundaries have become entrenched in mainstream culture. Now Beattie has written a followup volume, *The New Codependency*, which clears up misconceptions about codependency, identifies how codependent behavior has changed, and provides a new generation with a road map to wellness. The question remains: What is and what is not codependency? Beattie here reminds us that much of codependency is normal behavior. It's about crossing lines. There are times we do too much, care too much, feel too little, or overly engage. Feeling resentment after giving is not the same as heartfelt generosity. Narcissism and self-love, enabling and nurturing, and controlling and setting boundaries are not interchangeable terms. In *The New Codependency*, Beattie explores these differences, effectively invoking her own inspiring story and those of others, to empower us to step out of the victim role forever. Codependency, she shows, is not an illness but rather a series of behaviors that once broken down and analyzed can be successfully combated. Each section offers an overview of and a series of activities pertaining to a particular behavior -- caretaking, controlling, manipulation, denial, repression, etc. -- enabling us to personalize our own step-by-step guide to wellness. These sections, in conjunction with a series of tests allowing us to assess the level of our codependent behavior, demonstrate that while it may not seem possible now, we have the power to take care of ourselves, no matter what we are experiencing. Punctuated with Beattie's renowned candor and intuitive wisdom, *The New Codependency* is an owner's manual to learning to be who we are and gives us the tools necessary to reclaim our lives by renouncing unhealthy practices.

Book Information

Paperback: 288 pages

Publisher: Simon & Schuster (December 29, 2009)

Language: English

ISBN-10: 1439102147

ISBN-13: 978-1615234455

Product Dimensions: 5.5 x 0.8 x 8.4 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 265 customer reviews

Best Sellers Rank: #8,797 in Books (See Top 100 in Books) #7 in Books > Health, Fitness & Dieting > Mental Health > Codependency #26 in Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse #61 in Books > Health, Fitness & Dieting > Psychology & Counseling > Personality

Customer Reviews

"'Codependent' is in the dictionary because of Melody Beattie. Her book is required reading." -- Christine Stapleton, Palm Beach Post

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 than a dozen languages. An expert on codependency, Beattie has written fifteen books, including *Beyond Codependency*, *The Language of Letting Go*, and *The Grief Club*, and lectures worldwide. She lives in Southern California. For more information visit her website at www.melodybeattie.com.

Well written. Very poignant & relevant.

This is actually an excellent book, but it is disorganized and requires a lot of intuition to get the message. Cerebral, analytical, mathematical types will lose the thread of ideas that flow from her pen. She also uses the term codependency to cover most life problems, so I believe the message is confusing. But there are some really great ideas about setting boundaries and boosting self esteem. Her book "The Grief Club" is much better.

I really loved her first book, but this one was hard to read and didn't stay on topic. I will re-read it when I have more time, but wasn't expecting it to be so much work.

It's so cliché I say this book changed my life, but it did. Buy it now and watch magical things take place in your life!

Great book, helped me really focus on what codependency is and isn't.

This book has treasures that some can only find hidden deep within us. The journey is hard but well

worth it. If you're in any need of self esteem, self awareness or just knowing how to cope this is a great tool

This newest edition of Beatie's is easy to understand and very helpful. I especially enjoyed the section on assessments in order to better understand behaviors.

I like the idea of being able to relax and just listen. Some of us learn better audibly; others in written form. Either way you can always review the information. I recommend this to anyone with Codependent issues as it was recommended to me. The information is presented in a clear, concise and understandable format.

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