

Beyond Codependency And Getting Better All The Time Melody Beattie

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It is about what happens next. In simple, straightforward terms, Beattie takes you into the territory beyond codependency, into the realm of recovery and relapse, family-of-origin work and relationships, surrender and spirituality. With personal stories, hard-won insights, and activities, her book teaches the lessons of dealing with shame, growing in self-esteem, overcoming deprivation, and getting past fatal attractions long enough to find relationships that work.

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And yet you find you've just started on the long journey of recovery. Let Melody Beattie, author of the classic Codependent No More, help you along your way. A guided tour past the pitfalls of recovery, Beyond Codependency is dedicated to those struggling to master the art of self-care. It is a book about what to do once the pain has stopped and you've begun to suspect that you have a life to live.

Beyond Codependency: And Getting Better All the Time ...

A guided tour past the pitfalls of recovery, Beyond Codependency is dedicated to those struggling to master the art of self-care. It is a book about what to do once the pain has stopped and you've begun to suspect that you have a life to live. It is about what happens next.

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Beyond Codependency: And Getting Better All the Time ...

Beyond Codependency: And Getting Better All the Time; Genre: SELF-HELP. Number Of Pages: 252. Publisher: Hazelden Publishing. Release Date: 01-04-1989. Details: In simple, straightforward terms, Beattie takes you into the territory beyond codependency, into the realm of recovery and relapse, family-of-origin work and relationships, surrender and spirituality.

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From internationally best-selling author Melody Beattie, *Beyond Codependency* is for those struggling to master the art of self-care and learning how to live their lives. Item: 5064. ISBN-13: 9780894865831. Publisher: Hazelden. Published Year: 1989.

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Beyond Codependency: And Getting Better All the Time by Melody Beattie(1989-04-01) on Amazon.com.au. *FREE* shipping on eligible orders. *Beyond Codependency: And Getting Better All the Time* by Melody Beattie(1989-04-01)

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Once Melody Beattie's *Codependent No More* has been "digested", *Beyond Codependency* helps to move the recovering codependent past the hurt and on to the business of literally changing behaviors and making a better life. I absolutely recommend this book above any others to recovering codependents.

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