



Breaking Free: A Recovery Handbook for Facing Codependence

By Andrea Wells Miller

HarperOne. Paperback. Book Condition: New. Paperback. 448 pages. Dimensions: 9.4in. x 7.5in. x 1.5in. In her pioneering Facing Codependence, Pia Mellody traced the origins of codependence back to childhood and a wide range of emotional, spiritual, intellectual, physical, and sexual abuses. Now in this innovative new workbook, she presents a step-by-step journal-keeping method for moving toward recovery from codependence. Based on such concepts as the precious child and the five core symptoms of codependence, along with the Twelve-Step process of recovery used by Codependents Anonymous, Breaking Free provides strategies and insights for attacking the fundamental problem in codependence--the lack of dependence on self. In a three-part approach to recovery, Mellody first shows recovering codependents how to move beyond denial of their childhood history of abuse. She then offers techniques to identify concrete ways in which the symptoms of codependence operate in their lives. Finally, Mellody guides users through the process of identifying and recording specific instances of improvement in their lives as an aid to greater self-awareness and further recovery. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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Reviews

Very helpful to all type of individuals. It really is rally interesting through looking at time. Its been designed in an extremely basic way which is just soon after i finished reading this pdf through which basically modified me, change the way i believe.

-- **Tyshawn Brekke**

The publication is easy in read through preferable to fully grasp. It is writter in simple phrases instead of hard to understand. You will not sense monotony at at any moment of your respective time (that's what catalogs are for concerning if you request me).

-- **Kevin Bergstrom Sr.**