

Beyond Codependency And Getting Better All The Time

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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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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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