

Beyond Codependency: And Getting Better All the Time



ISBN: 0585195900

ISBN13: 978-0585195902

Book title: Beyond Codependency: And Getting Better All the Time

Category: Relationships

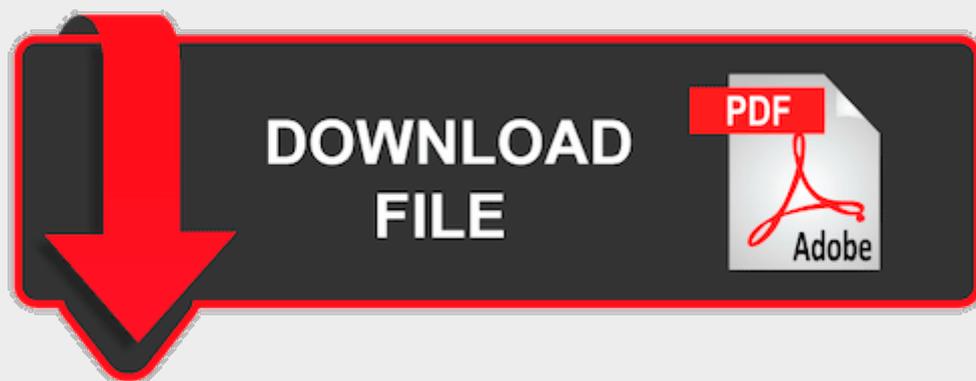
Size PDF version: 1822 kb

Size ePUB version: 1399 kb

Size FB2 version: 1494 kb

Other formats: lrf docx doc azw

0585195900



Reviews of the **Beyond Codependency: And Getting Better All the Time**

1. Nahelm

This is one of my favorite books regarding codependency for several reasons. First, it gives a precise clear definition of codependency and when it looks like dated day in relationships. Secondly, it also details for people how to rewrite their dysfunctional family rules as a start identify the way out of the codependent behaviors. I'd highly recommend for someone who wants a deeper understanding of codependency as well as what to do about it a great book.

2. Deodorant for your language

I came to Ms Beattie's first book in the 1990's when dealing with a spouse who had chemical issues. I began to feel poorly about myself while dealing with this toxic relationship, and learned the beauty of detaching myself and self-care. In this book I have found a whole range of ways to heal once past detaching and wanting to work out old family scripts, for example, that were never resolved but kept getting replayed through toxins like shame, not feeling good enough, and down right just not feeling good.

My favorite part is when I began to document events that kept coming up as negatives in current relationships (told you were worthless, as a child, for example), spoiling what should be beautiful, and then being asked to draw a conclusion as to how the event made me feel then and now,,,how it continues to upset the apple cart of peace in my life, face it for what it is/ was and discard it as invalid.

Many times I have been moved to tears whilst reading, the sweet child still inside me aching so much to return to loving and being loved. I just let 'em flow. Felt just fine. Yes...This is a guy talking, here. If "Codependency No More" was the "I'm mad as hell and I'm not going to take it anymore" book, then "Beyond Codependency" is the "build you back up to the self-caring sweet and gentle soul buried deep inside everyone" book.

What a treasure. Like water to a man dying of thirst.

3. Uttegirazu

Being a Co-dependent and attending CoDA meetings weekly, I found this book to be a valuable resource. If you feel you're co-dependent, you will find direction and comfort and hope in this Melody Beattie book. It is highly recommended by all who attend 12 Step CoDA meetings. Please seek help as I have, and you'll find peace and contentment---over time.

Healing a lifetime of abuse and addiction and misguided behavior is not overnight. Yet it will work if YOU work the program.

4. allegro

A great continuation and deeper dive after the original book. Beattie gets to the heart of the matters for us codependents, offers advise THAT WORKS, provides hope when there often is very little.

5. Dandr

This author is an expert having lived through all this and recovering. Recovery is a lifelong process and this book has been a great help. It isn't just for those who have been afflicted by substance abuse, it is for those of us who lived with that in our families. It is for us who have learned codependency unbeknownst to ourselves and are struggling because of it. This has been a real eye opener for me and came at a time that I could accept and understand it. Praise God!!

6. Cesar

so now you recognize your tendency for codependent relationships... now what? this book helps to identify how you will move forward and battle against repeating these same tendencies.

7. Hbr

Very helpful

8. Beyond Codependency: And Getting Better All the Time is worth your time and your money. For those struggling with any of the issues of a time in our history when alcoholism and substance abuse is as common as the sun coming up each day, we are all touched by this. This book is a subsequent confirmation and affirmation of life and should be read after her initial book on this subject "Codependent No More". "...Getting Better.." addresses how to continue to live your life to the fullest even in the face of problems, that you will learn in Beattie's "Codependent No More", sometimes cannot be solved. This is the second half of whatever you are recovering from, be it your own alcoholism, substance abuse, or recovering from your time and anguish spent with those who are recovering from their own addictions. You will learn to fully engage in life again. Melody Beattie is my new best friend.

Related PDF to [Beyond Codependency: And Getting Better All the Time](#)

9. [A Book of Day-time: A Pop-up Book of Sundials](#)
10. [The New Codependency: Help and Guidance for Today's Generation](#)
11. [A time to be silent: What "taking time to be still" will do for you](#)
12. [Time Out New York 8 \(Time Out New York, 8th ed\)](#)
13. [Time and Time Again](#)
14. [Time Out Madrid 5](#)
15. [Time for Kids World Atlas \(Time for Kids\)](#)
16. [Time And Memory \(The Study of Time\)](#)
17. [Frontiers of Time \(Voyage Through the Universe\)](#)
18. [A Time to Fight, a Time to Serve](#)