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With the publication of Codependent No More in 1986, Melody became a major voice

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in self-help literature and endeared herself to millions of readers striving for healthier relationships. She lives in Malibu, California.

**Codependent No More: How to Stop Controlling Others and ...**

Build Better Boundaries: A Step-By-Step Framework for Raising Self-Worth, Dealing With Manipulation and

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With instructive life stories, personal reflections, exercises, and self-tests, Codependent No More is a simple, straightforward, readable map of the perplexing world of codependency--charting the path to freedom

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and a lifetime of healing, hope, and happiness. Melody Beattie is the author of Beyond Codependency, The Language of Letting Go, Stop ...

**Codependent No More: How to Stop Controlling Others and ...**

One book is titled "Codependent No More" and the other is "Beyond Codependency." I

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picked them up at the library after hearing the term codependent used in The Emotionally Abusive Relationship. I've been interested in learning about the concept in the past and never gotten around to it. So what is codependency?

## **Codependent No More: How to Stop Controlling Others and ...**

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How to Stop Controlling Others and Start Caring for Yourself  
Codependent No More recovery has begun for millions of individuals with this straightforward guide. Through personal examples and exercises, readers are shown how controlling others forces them to lose sight of their own needs and happiness.

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**More: How to Stop Controlling Others and ...**

"Codependent" No More? Codependence, alcohol addiction, and the Twitterization of a term. Posted Jul 26, 2013

**"Codependent" No More? | Psychology Today**

Codependent No More is a bit lacking in good, deep psychology. The author, for example,

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says the codependent has been sometimes hurt in the past, but I didn't find a good explanation on how that has affected them. Or she says that the codependent learned that it's wrong to state their needs.

## **Codependent No More: Summary + PDF - The Power Moves**

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original content, and share it all with friends, family, and the world on YouTube.

## **Codependent No More (Part 1) - YouTube**

Codependent No More Quotes Showing 1-30 of 244 "Furthermore, worrying about people and problems doesn't help. It doesn't solve problems, it doesn't help other people, and it doesn't help us. It is

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wasted energy.”

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More Quotes by  
Melody Beattie**

When people with a compulsive disorder do whatever it is they are compelled to do, they are not saying they don't love you—they are saying they don't love themselves. —  
CODEPENDENT NO MORE Gentle people, gentle souls, go in love. Yes, at times we need

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to be firm, assertive:  
those times when we  
change, when we  
acquire a new  
behavior,...

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being a goal getter.  
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“Codependent No More  
PDF Summary” Melody  
recalls her first  
encounter with the

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very idea of codependence in the sixties. At that time, people at the mercy of others were not referred to as codependents. The same approach applied to drug and alcohol abusers who were later labeled as chemically dependent.

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categories. In a crisis, it's easy to revert to old patterns.

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