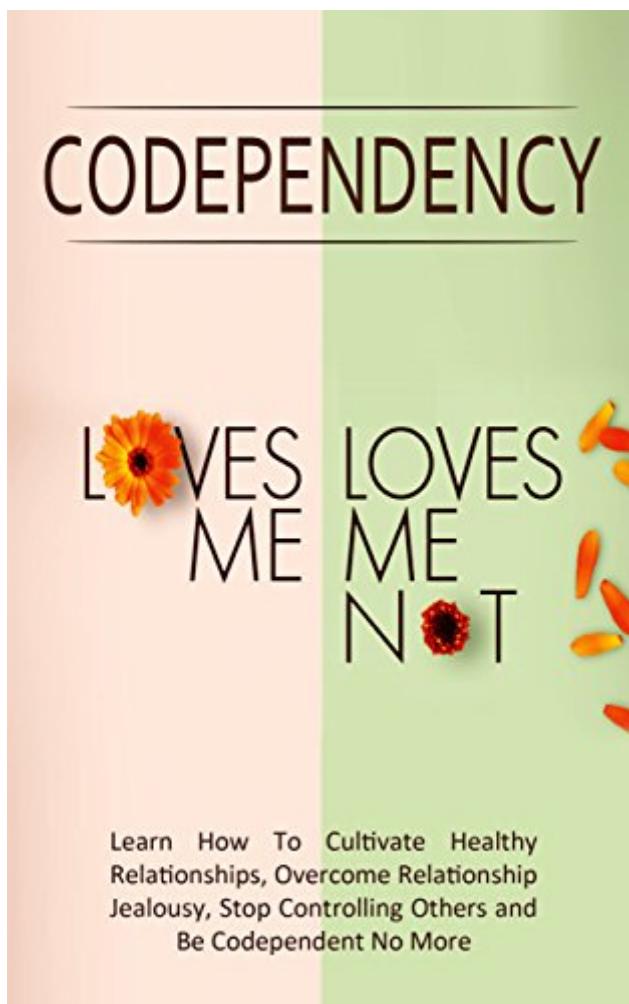


The book was found

Codependency - Ã¢,¬Å“Loves Me, Loves Me NotÃ¢,¬Å•: Learn How To Cultivate Healthy Relationships, Overcome Relationship Jealousy, Stop Controlling Others And Be Codependent No More





Synopsis

Codependent partners are not necessarily together because they want to be, they are because they have to be...>>> 16 additional books included - LIMITED TIME OFFER!

Book Information

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Customer Reviews

This is a good read. It helps you to identify your behaviors that contribute to unhealthy relationships you may have. But that is all I thought it did - just identify. Perhaps, I'll read it a second time to pick up something else that I may have missed the first go round. Other than that, it was easy to comprehend. My rating is based on feeling like I'm still waiting for the finale as I do feel rather 'slighted'.

I jumped into this book, both feet and head first, fully aware of the fact that I was also bringing with me some seriously high expectations as well. That being said, I am happy to say that not only were my expectations met Ã¢â€¢ to my surprise, they were actually exceeded. To be quite

honest, recently I have become increasingly disappointed and downright fed up with the sub-par quality of books aimed at dealing with this particular topic. I won't bore you with the details, as I am sure I am not alone in feeling this way, let's just say that I've had my share of trash bin material. Anyway, moving on to this particular book. So what was it about this book that I liked so much? What set it apart from the multitude of other books that I've read on the topic? Well, quite a lot actually. First of all, this is the first book that actually resonated with me as a reader. And here I am not merely talking about the informative aspect or the quality of writing (which is excellent by the way), rather, I am talking about the way the author made me feel while going through the pages. I felt seen. I felt heard. I felt acknowledged. I felt like I was not alone in this, that these overwhelming feelings that engulf me do not have to be a recurring phenomenon - that there is a way to make a change. A change for the better, toward the person I'd like to become - a more loving person. A person that knows who he is, what he wants in life, and what truly matters to him. And that that person will eventually be able to attract and be able to sustain a more lasting and loving relationship. Beyond providing me with excellent exercises and food for thought, this book managed to provide me with something I never got from the other books I've read - the necessary impetus to actually make the transition to do some serious inward overhauling. This, I feel, is key when it comes to actually make the decision to grab a codependent mindset by the horns and make the necessary changes. And no, I am not delusional in any way. I do realize that something like my seriously ingrained codependent mindset is not something that will just vanish into thin air just because I happen to read a book on the subject. However, what I do know, is that it is a good first step toward becoming more aware of what you need to work on, and more importantly, what to actually do in practical terms, in order to make that shift toward becoming a more stable and loving person. Needless to say, I most certainly recommend this book. Especially so to those who find themselves in a situation similar to the one I have been immersed in for the last couple of years. If you do, you might want to check this book out. I'm glad I did, and I hope you'll have a similar experience as well.

A short relationship booklet that packs more of a punch in fewer pages than most huge full-length books ever could. The author introduces a concept called mindful relationships. Finding a balance between intimacy and non attachment is probably some of the best-hitting relationship advice I've heard. Highly recommended.

A very interesting read about what Codependency is, how to identify it, and possibilities in alleviating it. Five stars!

There is a powerful message in this book that can help you get rid of emotional baggage, heal your personal relationships, be more mindful, and help you become a stronger person. The book touches on a lot of hidden issues that you may not even realize you have. Definitely worth a read!

Very well written book that will definitely enhance the work I do with my clients in my practice. I highly recommend it to whoever is interest in making self growth and a deeper insight about themselves.

Codependency was a really fun and entertaining book to read. I loved the authors writing style and the keen detail they used as well. Very interesting read to say the least. Looking forward to more books from this author. Thanks!

Gave some basic information about Codependency. Wishing there had been more to read.

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