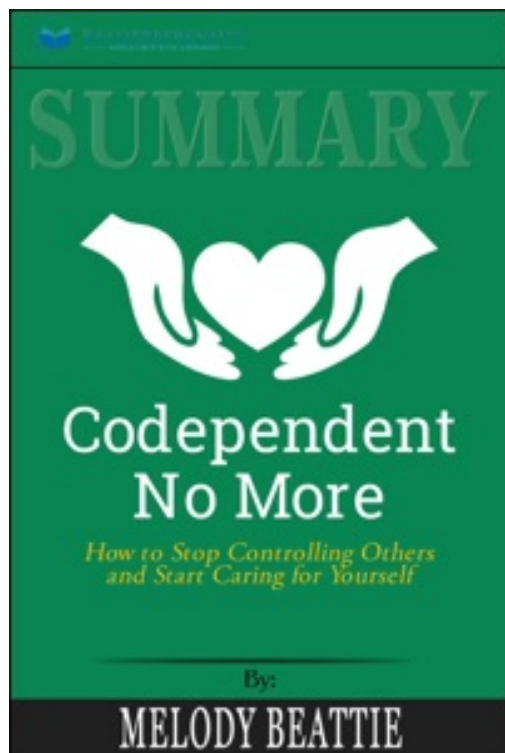


# Summary Of Codependent No More: How To Stop Controlling Others And Start Caring For Yourself By Melody Beattie - Readtrepreneur Publishing Read Ebooks [EN] PDF, EPub, Mobi



**Summary of Codependent No More: How to Stop Controlling Others and Start Caring for Yourself by Melody Beattie Readtrepreneur Publishing Read ebooks [EN] PDF, ePub, Mobi, Codependent No More: How to Stop Controlling Others and Start Caring for Yourself by Melody Beattie | Book Summary | Readtrepreneur**

(Disclaimer: This is NOT the original book, but an unofficial summary.)

Personal reflections, exercises and more to help you be fully independent and happy. Do you think that happiness is derived from other people or a specific individual? Melody Beattie explains why this is a really toxic train of thought that can really jeopardize your well-being but if you suffer from codependency, do not be afraid! Codependent No More is a great way to work in your issues and improve as a human being.

(Note: This summary is wholly written and published by Readtrepreneur. It is not affiliated with the original author in

any way)

**"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 wasted energy." - Melody Beattie**

A book that has influenced over a million people and has helped them improve as human beings, Codependent No More is so effective that is increasingly being "prescribed" by mental health professionals for different patients with different types of relationships. Melody Beattie's Codependent No More was the foundation for her new twelve step program called "Co-dependents Anonymous" to focus further on the issue and give even more alternatives to help you be happier.

**P.S. Codependent No More is an extremely helpful book that will aid you get rid of your codependency issue and help you evolve as a human and reach a state of pure bliss.**

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