



Healing Your Codependent Self - How to Have Loving Relationships and Be Free from Codependency (Paperback)

By Seth Cohen

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Struggling With Codependency? Do you feel like you have trouble maintaining healthy, fulfilling relationships? Do you often feel like you give more than you receive? Have you ever felt like you're constantly being taken advantage of or spend so much time taking care of others that you don't have time to focus on your own needs? If you think any of these questions apply to you, it's possible you suffer from codependency. Codependent Relationships The term has been around for ages, but in the past has always meant to describe those who are in relationships with alcoholics or other addicts. Now, however, we know that being addicted to relationships that help give us our self-worth and validation can be just as painful and detrimental to our emotional health. As a learned behavior, it isn't your fault! In fact, being codependent isn't always a bad thing. After all, it's good to be compassionate and sympathetic towards others. Still, codependent symptoms can inhibit personal relationships, encourage unhealthy habits, and worsen if they're not addressed...

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