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Codependent No More by Melody Beattie is a groundbreaking book to help people out of the codependency loop. In the process, it's also a good explanation (but not excellent) of the dependency/codependency phenomenon.

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It is possible to be codependent no more, and to end the cycle of codependency in our lives. To do so we need to learn how to stop repeating the patterns from our past.

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