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Melody Beattie offers advice in a non-judgmental, non-preachy voice that resonates with true understanding. Short daily passages focus on a different topic each day, such as Acceptance, Denial, Boundaries, Accepting Ourself. This book was given to me during a very difficult time in my life.

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I used to spend so much time reacting and responding to everyone else that my life had no direction. Other people's lives, problems, and wants set the course for my life.

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Beattie was a struggling single parent of two children and freelance author and journalist cranking out stories for a small-town daily newspaper in 1986 when she came up with a book idea.

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Synopsis. Melody Beattie integrates her own life experiences and fundamental recovery reflections in this unique daily meditation book written especially for those of us who struggle with the issue of codependency.

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