

## [NO MORE CODEPENDENCY](#)



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I've spent a lot of time finding the best knowledge and resources out there to help you heal, no matter what stage you're in now.

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### **Codependent No More How to Stop Controlling Others and**

Codependent No More: How to Stop Controlling Others and Start Caring for Yourself [Melody Beattie] on Amazon.com. \*FREE\* shipping on qualifying offers. The healing touchstone of millions, this modern classic by one of America's best-loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying

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### **Summary Melody Beattie's Codependent No More How to Stop**

In Codependent No More, Melody Beattie introduced the world to the term codependency. In The New Codependency, she clears up misconceptions, identifies how codependent behavior has changed, and provides a new generation with a road map to wellness.

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