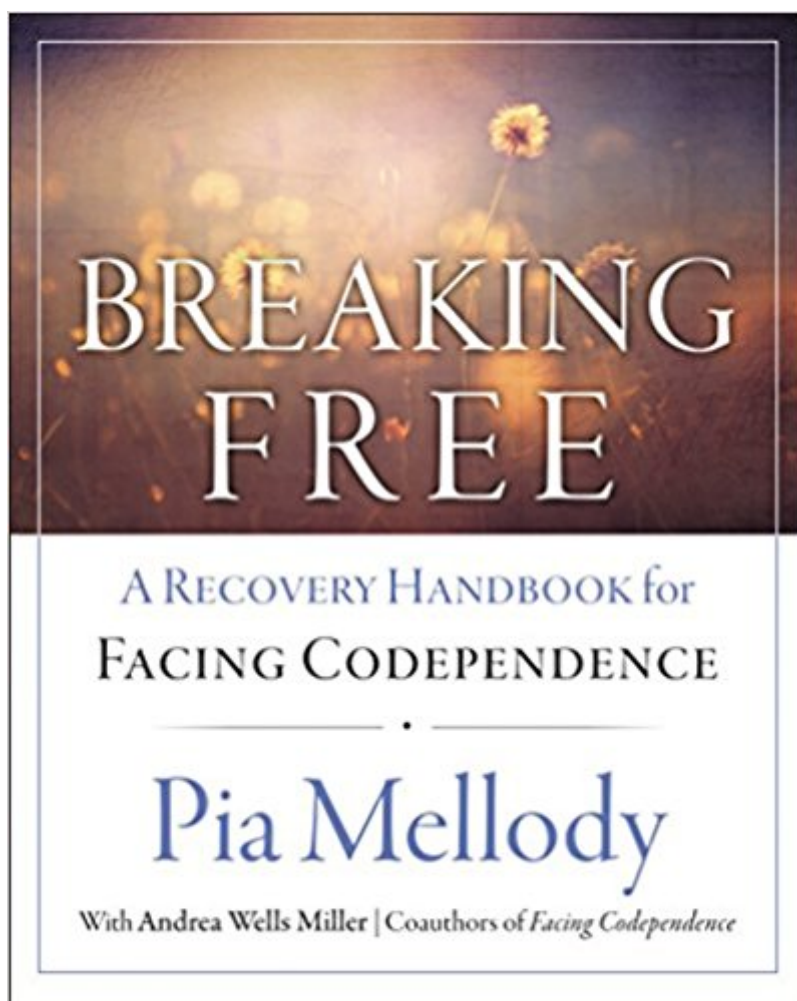


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# Breaking Free: A Recovery Workbook For Facing Codependence



## Synopsis

In her pioneering *Facing Codependence*, Pia Mellody traced the origins of codependence back to childhood and a wide range of emotional, spiritual, intellectual, physical, and sexual abuses. Now in this innovative new workbook, she presents a step-by-step journal-keeping method for moving toward recovery from codependence. Based on such concepts as the "precious child" and the five core symptoms of codependence, along with the Twelve-Step process of recovery used by Codependents Anonymous, *Breaking Free* provides strategies and insights for attacking the fundamental problem in codependence--the lack of dependence on self. In a three-part approach to recovery, Mellody first shows recovering codependents how to move beyond denial of their childhood history of abuse. She then offers techniques to identify concrete ways in which the symptoms of codependence operate in their lives. Finally, Mellody guides users through the process of identifying and recording specific instances of improvement in their lives as an aid to greater self-awareness and further recovery.

## Book Information

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Average Customer Review: 4.5 out of 5 stars 75 customer reviews

Best Sellers Rank: #37,112 in Books (See Top 100 in Books) #26 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Neurology](#) #43 in [Books > Health, Fitness & Dieting > Mental Health > Codependency](#) #889 in [Books > Self-Help > Relationships](#)

## Customer Reviews

"Offers tried and effective ways to treat codependency . . . Splendid." -- John Bradshaw, author of *Healing the Shame That Binds You*

Pia Mellody is an internationally renowned lecturer on the childhood origins of emotional dysfunction. Her recovery work-shops have benefited people all over the world and her bestselling books have been translated into many languages. She is a member of the faculty at The Meadows

Treatment Center, a residential center for victims of trauma, emotional abuse, and addictions, in Wickenburg, Arizona.

I purchased this book after months in counseling. I have read most of Pia Mellody's works and have gotten a lot of out them so I thought this would be a good tool. My counselor has given me most, if not all of these exercises already to do on my own so I felt it quite repetitive. If you are not working with someone.. or with someone who gives you homework, this would be a great tool to use.

Please have a professional to walk with you through this workbook. It's very well written.

My wife really loves it!

great

Important, helpful.

Did not meet my needs.

1980s book but Pia Mellody is brilliant, a forerunner/ developer of this topic. Book still valid in almost every way of a co-dependent's challenges .

The most thorough and extensive workbook on this subject I have ever seen. Tons of provocative, pertinent exercises that I feel are vital to recovery. I would highly recommend this for step work. Great for a step study group as well -- just don't expect to get through it quickly. This author takes recovery very, very seriously.

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Breaking Free: A Recovery Workbook for Facing Codependence Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Facing Codependence: What It Is, Where It Comes from, How It Sabotages Our Lives Debt Free for Life: The Ultimate Guide to Get Out of Debt (FREE Bonuses Included) (Debt, Debt Free, Debt Free Forever, Debt Free for Life, Debt Free for Good, Debt Management, Get Out of Debt) Allergy-free Desserts: Gluten-free, Dairy-free, Egg-free, Soy-free, and Nut-free Delights Crazy Is My

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Breaking Bad Habits: 11 Steps to Freedom (addiction, food addiction, sugar addiction, gambling addiction, addiction recovery, habits, breaking bad habits) Lupus Recovery Diet - The Natural Lupus Recovery Solution: (Recover from Lupus with the Lupus Recovery Diet) Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes! Gluten Free: Gluten Free Diet for Beginners: Create Your Gluten Free Lifestyle for Vibrant Health, Wellness & Weight Loss (Gluten-Free Diet, Celiac Disease, Wheat Free, Cookbook Book 1) Codependent No More, Overcome Codependence: Sleep Learning, Guided Self Hypnosis, Meditation, & Affirmations The Dialectical Behavior Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD, and Other Anxiety Symptoms (A New Harbinger Self-Help Workbook) The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder (A New Harbinger Self-Help Workbook) Pornography Addiction Breaking the Chains: A Workbook of Essential Tools for Recovery Facing the Shadow [3rd Edition]: Starting Sexual and Relationship Recovery Facing Heartbreak: Steps to Recovery for Partners of Sex Addicts The Whole Life Nutrition Cookbook: Over 300 Delicious Whole Foods Recipes, Including Gluten-Free, Dairy-Free, Soy-Free, and Egg-Free Dishes Allergy Proof Recipes for Kids: More Than 150 Recipes That are All Wheat-Free, Gluten-Free, Nut-Free, Egg-Free and Low in Sugar My Grain & Brain Gluten-free Slow Cooker Cookbook: 101 Gluten-free Slow Cooker Recipes to Boost Brain Power & Lose Belly Fat - A Grain-free, Low Sugar, Low Carb and Wheat-Free Slow Cooker Cookbook

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