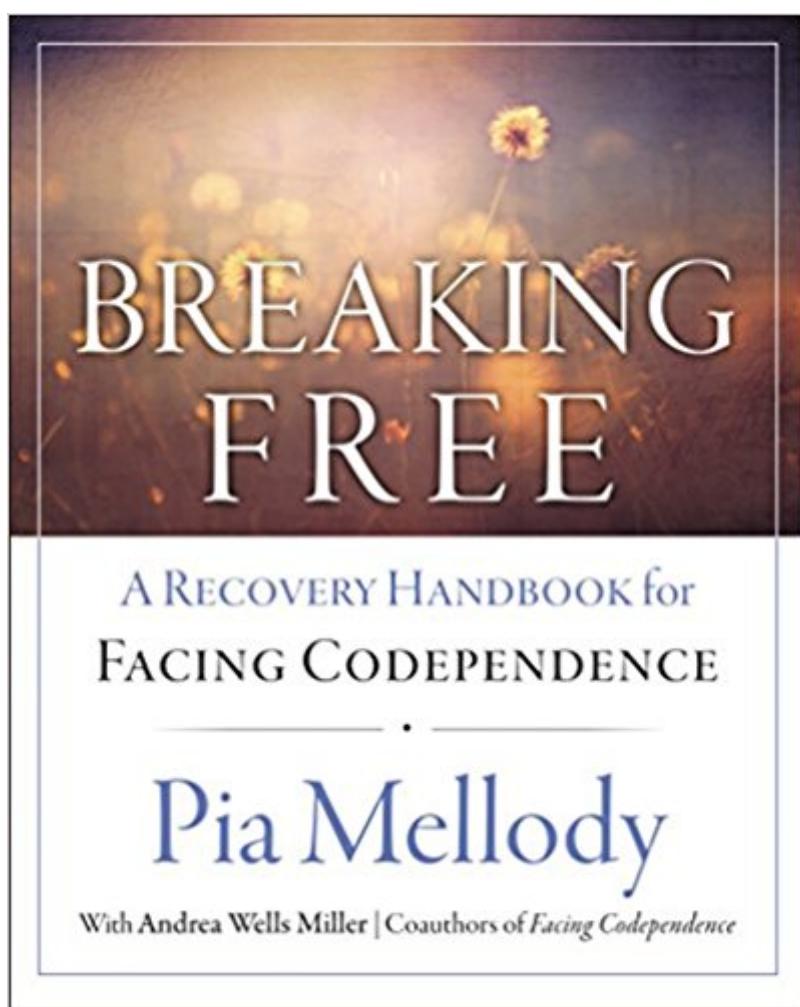


The book was found

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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