# Beyond Codependency And Getting Better All The Time

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It is about what happens next. In simple, straightforward terms, Beattie takes you into the territory beyond codependency, into the realm of recovery and relapse, family-of-origin work and relationships, surrender and spirituality. With personal stories, hard-won insights, and activities, her book teaches the

lessons of dealing with shame, growing in self-esteem, overcoming deprivation, and getting past fatal attractions long enough to find relationships that work.

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And yet you find you've just started on the long journey of recovery. Let Melody Beattie, author of the classic Codependent No More, help you along your way. A guided tour past the pitfalls of recovery, Beyond Codependency is dedicated to those struggling to master the art of self-care. It is a book about what to do once the pain has stopped and you've begun to suspect that you have a life to live.

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Beyond Codependency: And Getting Better All the Time ...

Beyond Codependency: And Getting Better All the Time; Genre: SELF-HELP. Number Of Pages: 252. Publisher: Hazelden Publishing. Release Date: 01-04-1989. Details: In simple, straightforward terms, Beattie takes you into the territory beyond codependency, into the realm of recovery and relapse, family-of-origin work and relationships, surrender and spirituality.

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From internationally best-selling author Melody Beattie, Beyond Codependency is for those struggling to master the art of self-care and learning how to live their lives, Item: 5064. ISBN-13: 9780894865831. Publisher: Hazelden. Published Year: 1989.

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Once Melody Beattie's Codependent No More has been "digested", Beyond Codependency helps to move the recovering codependent past the hurt and on to the business of literally changing behaviors and making a better life. I absolutely recommend this book above any others to recovering codependents.

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