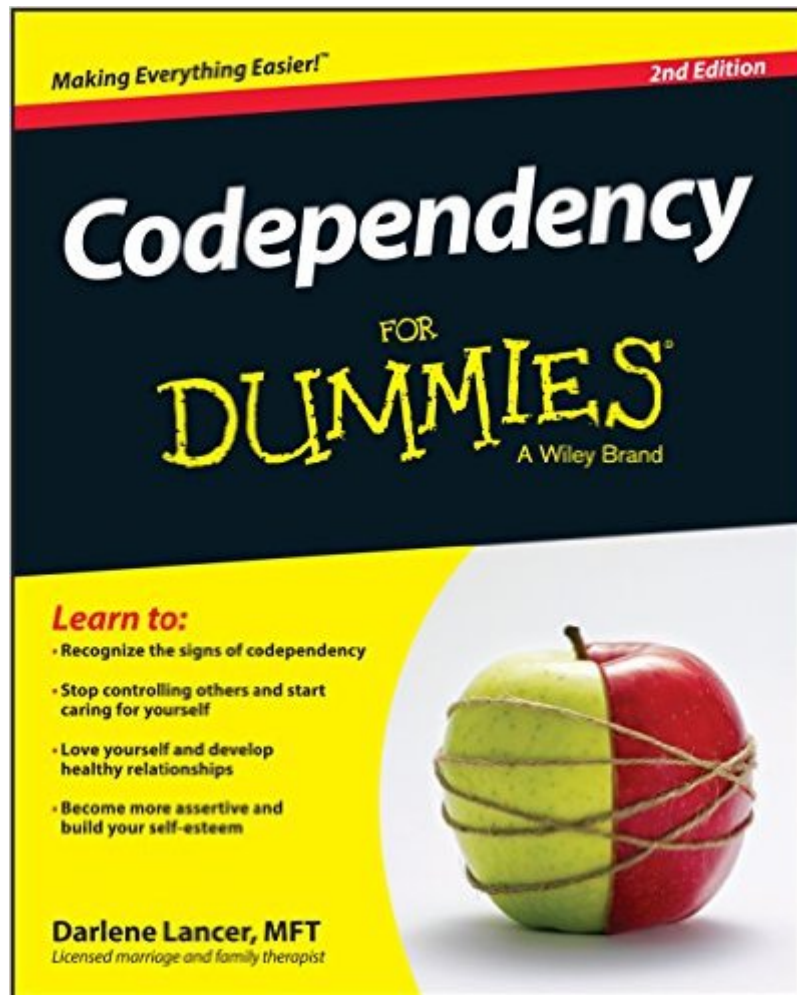


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# Codependency For Dummies



## Synopsis

Your trusted guide to value yourself and break the patterns of codependency Codependency For Dummies, 2nd Edition is the most comprehensive book on the topic to date. Written in plain English and packed with sensitive, authoritative information, it describes the history, symptoms, causes, and relationship dynamics of codependency. The majority of the book is devoted to healing and lays out a clear plan for recovery with exercises, practical advice, and daily reminders to help you know, honor, protect, and express yourself. New to this edition are chapters on working the Twelve Steps to recover from codependency and how therapists/coaches/nurses are affected by codependency. Codependence is primarily a learned behavior from our family of origin. Some cultures have it to a greater degree than othersâsome still see it as a normal way of living. Yet the costs of codependence can include distrust, faulty expectations, passive-aggressiveness, control, self-neglect, over-focus on others, manipulation, intimacy issues, and a slew of other harmful traits. Codependence causes serious pain and affects the majority of Americansânot just women and loved ones of addicts. Codependency For Dummies, 2nd Edition offers authoritative and trusted guidance on ways to raise your self-esteem, detach and let go, set boundaries, recognize healthy vs. dysfunctional relationships, overcome guilt and resentment, and much more. Helps you break the pattern of conduct that keeps you in harmful relationships Provides trusted guidance to create healthy boundaries, coping skills, and expectations Offers advice for eliminating feelings of guilt, blame, and feeling overly responsible Explains the difference between care-giving and codependent care-taking If you're trapped in the cycle of codependency and looking for help, Codependency For Dummies, 2nd Edition offers trusted advice and a clear plan for recovery.

## Book Information

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## Customer Reviews

I bought the first edition of this book about 8 months ago and worked my way through the text and exercises. Darlene clearly knows what she is talking about. She speaks with a voice of authority as one who is well versed in the field and also with the voice of compassion as one who has surmounted her own challenges. I feel this book should be recommended reading for anybody who wishes to improve their relationships, most importantly the relationship with oneself. It has been the catalyst for some serious breakthroughs in awareness for me personally and it is slowly but surely changing the way I relate to others. I now have a clearer grasp of the concept of interpersonal boundaries and the difference between boundaries and barriers. I no longer am the dumping ground of the universe for other people's dramas, traumas and unresolved projections. I am taking more time to focus on my needs, wants and desires. I no longer feel I have to jump right in and fix the problems of the world while simultaneously abandoning myself. Did it happen overnight? No. Do I slip up from time to time? Yes. However I am catching myself out with these old behaviours more quickly. Do however be warned! When you are no longer the door mat of the universe many people around you will not like it and you have to hold firm in your resolve to claim, own and acknowledge your right to be a sovereign being. You are no longer a slave to another person's reality and you can start living your own life.

This is one of the most profound books I have found in dealing with codependency. Darlene uses so many great life experiences to teach us. If you are an individual who is recovering from codependency or a victim of behavior of a codependent you seriously need to buy this book. There is great insight on how to deal with these issues. Darlene opens up many doors that to me were sealed shut. I have learned to address so many things that I was not even aware of that constituted behavior of codependency. As a codependent who is still in the recovery process I urge you to

buy this book. It is probably the best investment in your future out there. Thank You Darlene for your hard work and effort and sharing your life experiences to help benefit all of those who still suffer with codependency. Sincerely, jormi

I'm a self-help junkie. I was raised by a single dysfunctional mother. I realize now- 38 yrs. later how I was raised has impacted me socially. I only thought I was useful if I was doing something for somebody else, and in the process, I lost my sense of self. I would have bought any addition of this book really, I just happened on this edition. I think the "dummie" series is effective on any subject that is difficult to grasp. Concepts of myself that need to change are difficult for me to see, but this book makes it easier. As other reviewers have said, change isn't overnight, but with education comes an opportunity for change. I used this book in conjunction with other lectures on Youtube: Ross Rosenberg, and Oprah's life class when she talks about balancing her success and boundaries to help others. Also, I have participated in Zen meditation which helps me see how mindfulness can help set the stage for seeing my errors objectively so that I can correct them and let them go. I think for just about anyone (myself included), the learning process is a combination of things. I'm glad I got this book. I'm better off for having read it!

I hate to admit this.. but I grew up in a somewhat dysfunctional family where my dad have a huge temper and his anger rages affected me negatively so that I withdrew from him as a little boy. Constant anger or verbal abuse or sometimes a hit against the head really affects a small child deeply. There was always fighting in the house (verbal) between my mom and dad and that destroyed my view of what a good relationship consists of. I dearly love both my parents today and made peace with the role they play in my upbringing, but it sure affects my relationships and the outcome today. Chapter 16 is an amazing view/guideline of how a relationship should be and I could not help crying not knowing these things already (age 37).... I never saw these aspects in a relationship and did not know how important they are. My goal is to make chapter 16 my vision of life going forward and in a life long journey hope to use your book as a guide to be a more whole person and live with autonomy in a relationship. This book is very helpful and I thank you for writing this book and hope that the fruit of this will help people like me. Hopefully this will prevent them from losing (or pushing away) the most amazing person in their relationship, due to their lack of not knowing who they (I) truly are(am)....a codependent.....at least now, a recovering codependent..

Codependency for Dummies. I am surprised to be the first person reviewing this book. It is

fascinating, the kind of book that is difficult to close once it is opened. I enjoyed taking the two tests in Chapter 4, but I was disappointed that no criteria accompanied the second test in order for the reader/test-taker to determine whether he was codependent. According to the standards in *Codependency for Dummies*, most of the people I know are codependent to one extent or another, and most of us need to work on our codependency. The rest of us have close acquaintances who need help in this area. The concluding paragraph in the book is "Don't Isolate" -- what useful advice! Yet we live in an isolated world. Up and down the street are single people -- some retired or working at home alone -- some without any companionship, not even a dog. Isolation is a way of life. Much of the time in our education system and in work environments we are in a society of isolation. I agree with much of what Darlene Lancer, licensed marriage and family therapist, has to say. We really need to work on our codependence and move out of the mire of low self-esteem. I do not, however, agree with her philosophy about spirituality. She states, "Whether or not you believe in God, a spiritual practice is an excellent means of creating a deeper relationship with our Self." The book is well organized. The *Dummies* approach is a good method of presenting this thorough manual of examining relationships.

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