



Codependency For Dummies

By Darlene Lancer

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Codependency For Dummies By Darlene Lancer

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 others—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 Americans—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.

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Editorial Review

From the Back Cover

Learn to:

- **Recognize the signs of codependency**
- **Stop controlling others and start caring for yourself**
- **Love yourself and develop healthy relationships**
- **Become more assertive and build your self-esteem**

Your trusted guide to breaking the patterns of codependency

Are you trapped in the cycle of codependency? You're not alone. In this trusted and sensitive guide, you'll discover the symptoms, causes, and relationship dynamics of codependency—and how you can set yourself on a clear path to recovery. There's no time like the present to break the patterns of codependency and get your life back.

- **Discover the hallmarks of codependency and recovery** — get to know what codependency is, the stages of codependency and recovery, and the four basic steps to breaking the cycle and starting your recovery
- **Make a breakthrough** — figure out what made you codependent, heal your wounds, and work on building authentic self-esteem and self-love
- **Heal your relationship with others** — learn how to let go, set boundaries, accept reality, communicate effectively, handle conflict, and deal with push-back
- **Uncover strategies that support your healing** — find out how to move on and maintain recovery, follow your bliss, get help when you need it, and successfully work the Twelve Steps
- **Learn to love yourself** — discover ways to love yourself and make the most of practical daily reminders to stay on course and put yourself first

Open the book and find:

- **Where you fall on the spectrum of codependency**
- **The stages of codependency and recovery**
- **How codependency affects your relationships**
- **Forms of denial about your own and others' behaviors or addictions**
- **Places to seek help and support**
- **How to build self-awareness and find your authentic self**
- **Advice on speaking up and setting boundaries**

About the Author

Darlene Lancer, JD, LMFT, is a licensed marriage and family therapist specializing in relationships and codependency. Ms. Lancer has counseled individuals and couples for 28 years and coaches internationally. She's a sought-after speaker to professionals at national conferences and in the media.

Users Review

From reader reviews:

Clara Lee:

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Effie Phillips:

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