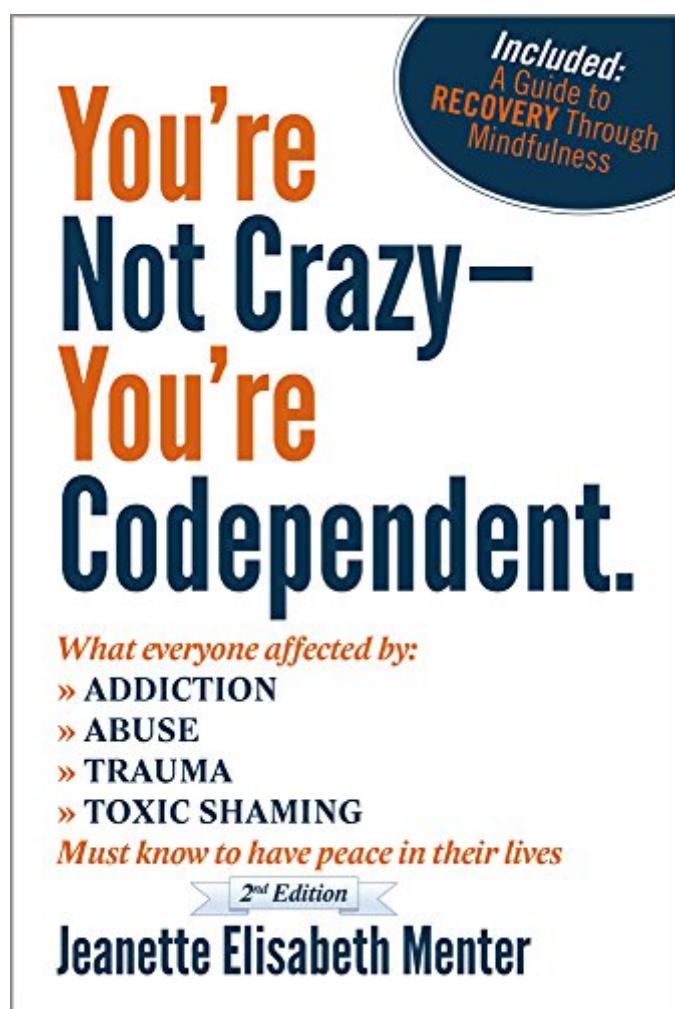


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# You're Not Crazy - You're Codependent.: What Everyone Affected By Addiction, Abuse, Trauma And Shaming Needs To Know To Have Peace In Their Lives



## **Synopsis**

Excellent companion book to materials used in 12-step programs, especially ACA (Adult Children of Alcoholics) and CODA (Codependents Anonymous.) If your life has been affected by addiction (yours or someone else's), abuse, trauma or toxic shaming, you may also be struggling with another invisible problem - codependency. Without you even being aware of the connection to the above issues, it has created additional life-long challenges such as endless guilt, anxiety, perfectionism, need to control, depression, a history of dysfunctional relationships and fear of abandonment. This easy to understand, interactive book will reveal how codependency has sabotaged you, the lies it created in your beliefs and the truths that expose them. Also included is a Guide to Recovery using simple acts of mindfulness to overcome harmful habits in your thinking, actions and choices which are keeping you from having peace. Once you understand you are not crazy, just coping with the deep-seated effects of codependency, you will be free to create the life you were always meant to have.

## **Book Information**

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## **Customer Reviews**

I have always known something was not right with me, but could never pinpoint what that something was. Based on past relations with significant others, family and friends...I just thought I was a depressed control freak. After reading reviews and description of this book, I finally got it. After forty years, I finally understand that I'm not crazy and that my actions are based on thoughts I was raised. In no way playing the blame game, it was enlightening to see a pattern in my family structure that dates back even before my time. It's almost like a cycle, and this wonderful book allowed me to see that. That being said, the strategies and confidence I have built up since reading this book has turned me into a more positive person, that wants to live my life and not depend on living through others through control or manipulation even at a subconscious level. It was also peace of mind to know that this is a true disorder...maybe not medically classified, but it is real and it is a cycle/addiction that can be broken. Thanks so much for this eye opener book that has truly changed the way I'm living my life...and my family thanks you as well

This book is truly a life changer. At 52 years of age I had become a highly functional, successful codependent. Assuming at my age & the circumstances of my life accepting my brokenness was just the way it was. Never imagined any thing could or would change or be different , as these were the cards I had been dealt.I WAS WRONG ON EVERY LEVEL. As a result of this book, my life has done 360 & the clarity, understanding & healing are astonishingly remarkable, not to mention unbelievable. I am finally FREE w/ a peace I never thought possible.Thank you the the author for sharing her walk through codependency, in order to help others get to the other side. What a blessing.A MUST READ & SHARE

I bought this book because i was looking for a way to understand codependency. It is probably a good book for the person who is or wants to be a christian. But some people are looking for a way to solve their problems without involving religion. This is not a book for them.

Within the first few pages it's obvious this book is in desperate need of a competent editor. Run on sentences and punctuation mistakes, typos, and lack of a cohesive style make this book a frustrating read. Also, edited correctly, part one would fit about 12 crisp, potent pages, rather than 58 pages of stiff, self-conscious and emotionally guarded filler. I couldn't take her seriously. Part two and three does get better. The sections are more organized, directed, and focused. And are much more honest. But all in all it's an amateur's attempt at self-help. She makes too many assumptions about her audience and offers too much opinion. I was very put off by the numerous and heavy

handed references to Christianity, as well as her not being able to fathom recovery without G\*D (higher power) and her pity for those who don't believe. Her attempts at challenging the reader only come off as condescending dares. The chapter on forgiveness though is surprising encouraging and gently delivered. I bought this book for someone who needs to learn about co-dependency. I would not give it to them. There are so many books on the market that are technically well written with the message better expressed. Though I didn't hate the book I would not have bought it if I could have read more than the few samples allows. I hope the author invests further in this book and allows someone to do an extensive edit along with her doing a serious rewrite. I think her first hand experience could be helpful to newbies and vets alike.

This is the first book I read In my journey to changing my life. I had no idea what codependency was; however i relate to a T! It seriously opened my mind and I'm so excited to continue applying these skills to my life so that I can continue in getting better. Easy read and it flows beautifully. Not one spot did I get bored or think it wouldn't benefit me. People who have gone through a really rough childhood or are having a tough time now, there is absolutely hope! I honestly feel like my heart is opened....? I don't know how to describe it, it's just awesome!

I've read so many books re: codependency in the last 20+ years. This by far is the **BEST** book I've ever read. This book is an easier read than all of the other books on this subject, but actually more informative. It feels like the author is speaking directly to you. Buy the book...you won't be sorry...

I'm glad I bought the book. I read it and have passed it on to a step-daughter who is fighting alcohol and drug dependency and recommended it to a psychologist and priest. It seems that a lot of us are codependent in some area of our life. The book was informative, instructive (a laymen's guide to recovery from someone who has "walked the walk"), and as it is easy to understand and relate to, a helpful tool for people fighting codependency.

This book enlightened me. I'm almost speechless, but I have a deep need to convey how urgent, necessary, healing, eye opening, and life changing this book is. It is everything I needed to hear to get unstuck and finally start healing. Wow! Namaste

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