Codependency: Codependency Gone For Good - How to Stop Worrying, Stop Controlling, and Put Yourself First ((Codependency, Codependent, Enabling) (Volume 1)

Melanie Jones, Matt Morris

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LEARN:: How To Stop Worrying, Stop Controlling & Take Care of Yourself! Have You Been Affected By Someone's Alcohol or Drug Use? If so, then this book is for you. It is not easy loving someone who is addicted to alcohol or another substance. You want to be there for this person, yet the harsh reality is that there is only so much you can do because ultimately it is up to them to decide to change, and even then there is only so much they can do. Often times, we get stuck in a cycle of being "the enabler". This book will lay out strategies and ways that you can move past codependency and begin taking care of the most important person in your life, yourself. If you aren't healthy emotionally and physically, how can you expect to take care of anyone else? Right? It's important to not let a pattern of enabling take over who YOU are as a human being. You have a life as well, need to live it, and enjoy yourself. It is time for YOU to feel alive again! DISCOVER:: How to Love an Addict and Stay Healthy Key Strategies To Being Assertive How To Not Blame Yourself or The Addict For Everything How To Rebuild Your Life The Reality of Being a Codependent And Much, Much More!

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