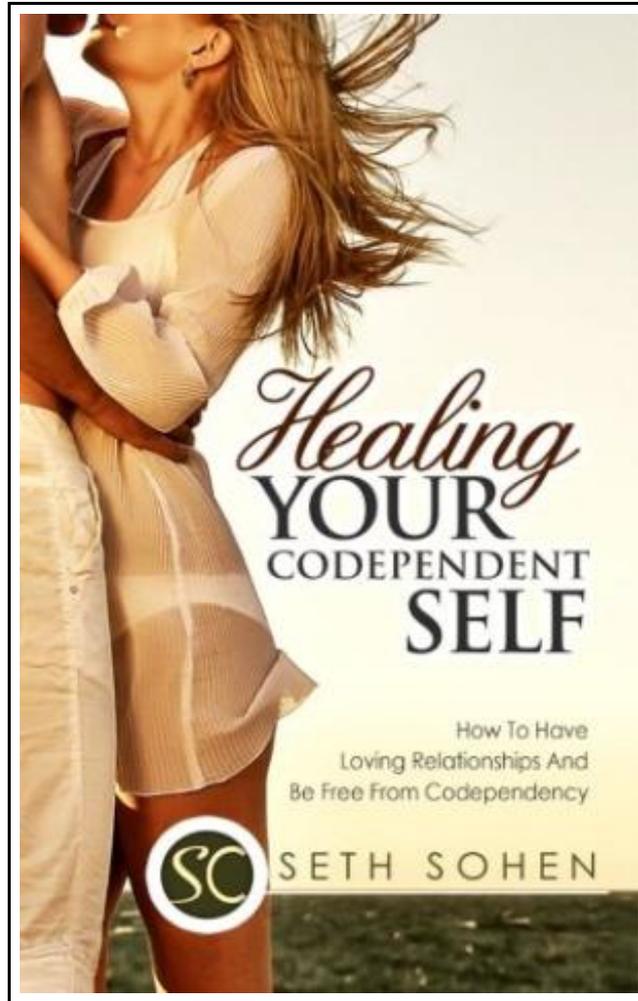


Healing Your Codependent Self - How to Have Loving Relationships and Be Free from Codependency



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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Struggling With Codependency? Do you feel like you have trouble maintaining healthy, fulfilling relationships? Do you often feel like you give more than you receive? Have you ever felt like you're constantly being taken advantage of or spend so much time taking care of others that you don't have time to focus on your own needs? If you think any of these questions apply to you, it's possible you suffer from codependency. Codependent Relationships The term has been around for ages, but in the past has always meant to describe those who are in relationships with alcoholics or other addicts. Now, however, we know that being addicted to relationships that help give us our self-worth and validation can be just as painful and detrimental to our emotional health. As a learned behavior, it isn't your fault! In fact, being codependent isn't always a bad thing. After all, it's good to be compassionate and sympathetic towards others. Still, codependent symptoms can inhibit personal relationships, encourage unhealthy habits, and worsen if they're not addressed and treated. You deserve to be in a mutually satisfying relationship and a codependent one generally isn't. Sometimes, codependency isn't a problem and doesn't interfere with relationships to the extent that both partners are unhappy. However, for some people it can be serious and this is a problem. Most people do not realize they are codependent. They might think they merely have bad luck in relationships, can't find the perfect partner, or may believe they have something wrong with them that drives people away. They may lack self-esteem or take on the role of martyr, figuring that people are constantly...

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