



Codependent No More: How to Stop Controlling Others and Start Caring for Yourself

By Melody Beattie

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The healing touchstone of millions, this modern classic has spent over three years on The New York Times bestseller list, and made codependence a household word, making Melody Beattie one of American's best-loved and most inspirational authors. A wellspring of simple yet revolutionary knowledge, the book contains dozens of real-life examples, personal reflections, exercises, and self tests. The author writes that codependents may feel angry when their help isn't effective. Anticipate other people's needs. Wonder why others don't do the same for them. Feel safest when giving. Feel insecure and guilty when someone gives to them. The book is about your most important and probably most neglected responsibility: taking care of yourself. It's about what you can do to start feeling better.

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