



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 by one of America's best-loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life.

Is someone else's problem your problem? If, like so many others, you've lost sight of your own life in the drama of tending to someone else's, you may be codependent--and you may find yourself in this book--Codependent No More. The healing touchstone of millions, this modern classic by one of America's best-loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life. With instructive life stories, personal reflections, exercises, and self-tests, Codependent No More is a simple, straightforward, readable map of the perplexing world of codependency--charting the path to freedom and a lifetime of healing, hope, and happiness. Melody Beattie is the author of Beyond Codependency, The Language of Letting Go, Stop Being Mean to Yourself, The Codependent No More Workbook and Playing It by Heart.

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Editorial Review

Review

In *Newsweek* magazine, Dr. Drew Pinsky named Melody Beattie's *Codependent No More* one of the four essential self-help books available today, calling it the "granddaddy of addiction tomes."

"Melody Beattie is an American phenomenon....She understands being overboard, which helps her throw best-selling lifelines to those still adrift."

--TIME

About the Author

Melody Beattie is the author of numerous books about personal growth and relationships, drawing on the wisdom of Twelve Step healing, Christianity, and Eastern religions. With the publication of *Codependent No More* in 1986, Melody became a major voice in self-help literature and endeared herself to millions of readers striving for healthier relationships. She lives in Malibu, California.

From [AudioFile](#)

For twenty years Melody Beattie has been writing lucidly about codependency--the pattern of trying to control or change someone who repeatedly makes trouble for themselves and others, and who usually is manipulating and controlling others as well. The problem is often part of an addictive or depressive syndrome or both (which the author understands well from her own experience); the solution she offers is to work extra hard at clarifying each person's boundaries, keeping everyone's responsibilities separated, and becoming obsessive about looking after one's own interests in the face of demands to do otherwise. Christina Moore's elegant diction stirs in a measure of attention-getting gravitas to this weighty mixture of classic relationship advice. T.W. © AudioFile 2006, Portland, Maine-- Copyright © AudioFile, Portland, Maine

Users Review

From reader reviews:

Nathan Jackson:

What do you in relation to book? It is not important together with you? Or just adding material when you want something to explain what your own problem? How about your extra time? Or are you busy man? If you don't have spare time to complete others business, it is give you a sense of feeling bored faster. And you have free time? What did you do? Everyone has many questions above. The doctor has to answer that question due to the fact just their can do that will. It said that about guide. Book is familiar in each person. Yes, it is proper. Because start from on kindergarten until university need that *Codependent No More: How to Stop Controlling Others and Start Caring for Yourself* to read.

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