



Ya No Seas Codependiente (Paperback)

By Melody Beattie

Grupo Editorial Patria, Mexico, 2012. Paperback. Book Condition: New. 201 x 135 mm. Language: Spanish . Brand New Book. In the June 29th issue of 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. 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, and Playing It by Heart.



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