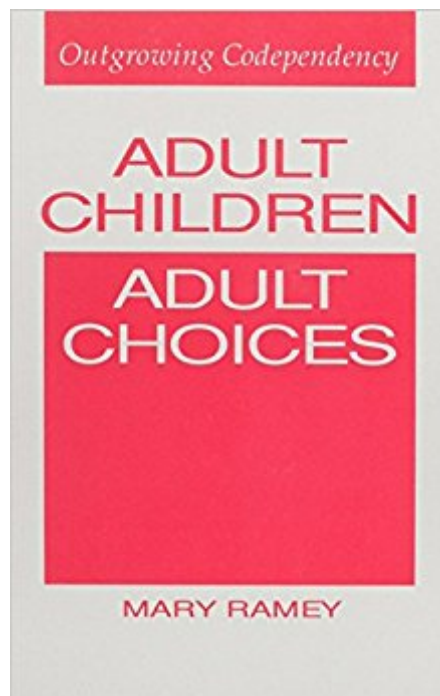




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Adult Children, Adult Choices: Outgrowing Codependency



Synopsis

Adult Children, Adult Choices applies well-documented principles of psychology to help us understand how people can be codependent (and yet not "sick"), as well as how they can stop being adult children and grow into true adulthood. It combines insight with practical advice to help us finally outgrow the bonds of codependency.

Book Information

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Average Customer Review: 5.0 out of 5 stars 1 customer review

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Customer Reviews

Mary Ramey, MA, works as a therapist in community mental health settings and in private practice.

Well written, excellent book. Very informative and helpful to identify some behaviors and missing needs in people.

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