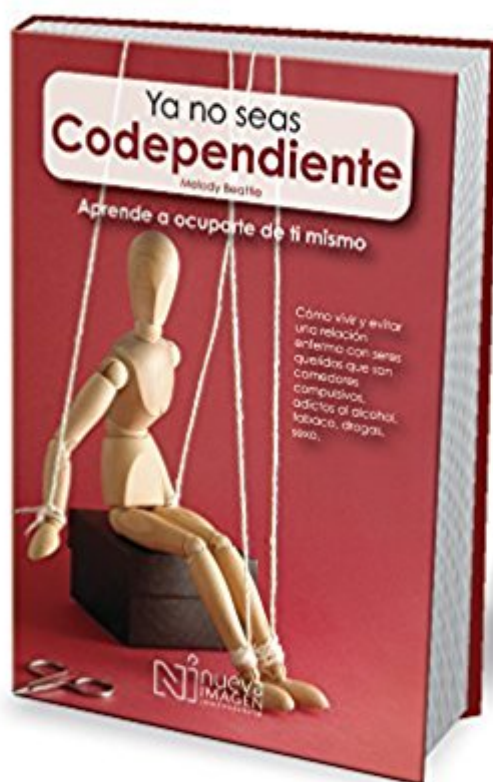


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Ya No Seas Codependiente (Codependent No More): Como Vivir Y Evitar Una Relacion Enferma Con Seres Queridos Que Son Comedores Compulsivos, Adictos Al Alcohol, Tobaco, Drogas, Sexo (Spanish Edition)





Synopsis

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*.

Book Information

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Customer Reviews

In addiction and recovery circles, Melody Beattie is a household name. She is the best-selling author of numerous books, including *Codependent No More*, *Beyond Codependency*, *The Language of Letting Go*, *More Language of Letting Go*, and *52 Weeks of Conscious Contact*. Her first book, *Codependent No More*, was published by Hazelden in 1986. Melody's compassionate and insightful look into codependency--the concept of losing oneself in the name of helping another--struck a universal chord among families struggling with a loved one's addiction. Twenty

years later, the concepts continue to ring true for millions worldwide, as the book has sold more than four million copies and has been translated into more than a dozen languages. Melody currently has 13 titles with Hazelden and several more with other publishers. One of Melody's more recent titles with Hazelden is, *The Grief Club*, which was published in 2006. This inspirational book gives the reader an inside look at the miraculous phenomenon that occurs after loss--the being welcomed into a new "club" of sorts, a circle of people who have lived through similar grief and pain, whether it be the loss of a child, a spouse, a career, or even one's youth. She writes, "There's a secret to getting through loss, pain, and grief. If we're alone we can't see who we are. When we join the club, other people become the mirror. Through them, we see ourselves and gain an understanding of what we're going through. Then slowly, real slowly, we learn to accept who we see in the mirror." In 2007, Hazelden published Melody's newest title, *Gratitude*, a beautifully illustrated collection of passages from Melody's earlier work that encourages readers to reconnect with what's truly important in life--the everyday blessings that are ever-present and ever-sustaining. For more information about Melody and her books, visit the author's Web site.

Esta version en espanol la compre pare una amiga. Yo lo lei primero y me encanto. Se lo recomiendo a cualquiera que tenga un ser querido (papa, mama, hermana/o, pareja, esposa/o) que tenga una adicci n: y a los adictos como tal. Este libro te puede ayudar a mejorar como te relacionas con otras personas queridas. Es una lectura resumida del tema, pero efectiva. Esta escrita en un tono amigable y f cil de entender. Queda de ti aprender y aplicar las ense anzas de este libro, para cambiar tu vida. Buena suerte y preparete para la independencia. This spanish version I got it for my friend. I read it and I love it. I recommend it to women or men that has a relationship with an addict, or people who are addicts themselves. This book can help you improve your relationship with others. It is a brief but effective reading. It is written in a easy way to understand and in a friendly tone. It's your choice if you change your life with the lessons in this book. Good luck and be prepare for independence.

Me gusta mucho este libro, me a ayudado bastante a entender a una persona que no hay nada que puedas hacer para ayudarle, mas aun si sufre de una enfermedad mental. Lo recomiendo mucho para alguien que tiene una relaci n con una persona con problemas mentales como depresi n, otros problemas mentales, alcoholismo y personas narcisistas (egoc ntricas).

This book came highly recommended by a health professional. This book has been used in therapy

groups. It's really helpful for family members of Alcoholics. I don't think as a society we realize that, one addict effects the entire family. We each play a role in a messed up play.

liked it

Está muy enfocado a familiares de alcohólicos y drogadictos.

Aprende ,a como cuidar de ti mismo para que podamos cuidar de nuestros seres queridos! un libro basado en casos reales ,hasta de la propia escritora,Lo recomiendo mucho,mucho !

The woman I gave this book to is thrilled with it. El recipiente de este libro me informa que ella lo ama y lo encuentra lindo.

simplemente "a must to read book"

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