



# Codependent No More and Beyond Codependency

*Melody Beattie*

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## **Codependent No More and Beyond Codependency** Melody Beattie

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Much of the attention in our self-help-absorbed world is focused on the addict—the compulsive, chemically dependent person who uses alcohol or other drugs to anesthetize the pain of day-to-day living. But what about the other victims of addiction—the spouses, families, and caretakers suffering (not so quietly) in the background, so involved in the addict's problems that they are unable to identify and solve their own?

Codependent No More and Beyond Codependency address these issues in a clear language, providing colorful examples and steps to assist readers in ameliorating their relationship patterns and developing healthy lifestyles. These classic bestsellers inspired a personal growth movement upon their release and kindled the creation of Co-Dependents Anonymous. With both audios finally packaged together into one set, people struggling with codependency can continue to improve their lives and become codependent no more.

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