



Codependency Treatment: No more Codependent Relationships

Gerald Thorne

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First step to end the codependent relationship

This book about codependency aims to help you identify if you are experiencing this problem in your life. You will be given the information you need to do a self-diagnosis and identify the possible problem you might be encountering.

The first chapter will be dedicated solely to allow you to know what a codependent relationship is. You will then be given the signs and symptoms that can give you the idea if you are suffering from it. It is also necessary that you are informed what the causes of this illness are and what are its effects in a person's life.

After you know what you are dealing with, it is time to inform you what possible self-help you can do. The book will give you four step by step procedures that can give you a clear insight on how to slowly heal yourself or a person you know and start getting rid of codependent relationships from your life. Each step is discussed thoroughly to allow you to understand why they are necessary and what each of them contributes to the overall result you are trying to achieve. Of course, your expectations will be set as well to allow you to plan your way through the process without you being forced to do a step if you are not ready to take it.

The book will also be informing you about the importance of seeking the help of other people. It will explain clearly that it is technically a part of the healing process. It does not mean you are admitting defeat. Instead, you will be able to realize by the end of the book that accepting other people's help is a good sign you are recovering.

Finally, the book will be emphasizing the importance of putting a stop to codependent relationship in your life in order to prevent your children to acquire the same problem in the future. The cycle will be laid out to you to make you grasp the possibility that your children may develop the same issue if you are not able to help yourself today.

The book will be your first step to the healing process. And after you have finish it, you would definitely feel better and take on the problem that has been plaguing you for so long.

So get the book and end your codependency now.

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