



# Understanding Co-Dependency

*Sharon Wegscheider-Cruse, Joseph Cruse*

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- What is co-dependency
- How does co-dependency happen?
- Who is affected by co-dependency?
- What can be done for a co-dependent?
- Am I a co-dependent?

**Understanding Co-dependency** answers these questions and develops a scientifically based framework for separating the person and their past from their current disease or disorder. It places our past history and present environment (marriage, job, personal life) in their proper perspectives and shows us how to build a happy, healthy life.

The time has come for a book that establishes the fundamentals of co-dependency and **Understanding Co-dependency** is that book.

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