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Melody Beattie is the author of numerous books about personal growth and relationships, drawing on the wisdom of Twelve Step healing, Christianity, and Eastern religions. With the publication of *Codependent No More* in 1986, Melody became a major voice in self-help literature and endeared herself to millions of readers striving for healthier ...

*Codependent No More Quotes by Melody Beattie*  
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"I convince myself that it's just more work, because even if I pray about something, I have to do all the... Read More. Safety. December 13, 2020. One of the long-term effects of living in a dysfunctional family—as children or adults—is that we

don't feel safe. Much of what we call codependency happens because we don't feel ...

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*Codependent No More: How to Stop Controlling Others ...*

*Codependent No More & Beyond Codependency* [Beattie, Melody] on Amazon.com. \*FREE\* shipping on qualifying offers. *Codependent No More & Beyond Codependency*

*Codependent No More: How to Stop Controlling Others and Start Caring for Yourself* by Beattie, Melody (1986) Paperback Paperback - September 1, 1986 by Melody Beattie (Author) 4.4 out of 5 stars 27 ratings See all formats and editions

*Codependent No More* recovery has begun for millions of individuals with this straightforward guide. Through personal examples and exercises, readers are shown how controlling others forces them to lose sight of their own needs and happiness.

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*Codependent No More: How to Stop ... - Melody Beattie*

Title: *Codependent No More: How to Stop Controlling Others and Start Caring for Yourself* Author Name: BEATTIE, MELODY Categories: Psychology / Self Help, Publisher: HarperCollins Publishers: November 1992 ISBN Number: 0062554468 ISBN Number 13: 9780062554468 Binding: Trade Paperback Book Condition: Used - Good Seller ID: 866770

*Codependent No More & Beyond Codependency: Beattie, Melody ...*

*There's No Shame in Being CoDependent - Melody Beattie*

The official website of au-

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focusing on the possible: taking good care of ourselves.

*There's No Shame in Being CoDependent - Melody Beattie*

Melody Beattie, one of the seminal figures in the recovery movement, is the author of the international bestseller *Codependent No More*, which has sold over eight million copies and been translated into more than a dozen languages. An expert on codependency, Beattie has written fifteen books, including include *Beyond Codependency*, *The Language of Letting Go*, and *The Grief Club*, and lectures ...

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*Daily Meditations Archives - Melody Beattie*

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Quotes Showing 1-30 of 247. "Furthermore, worrying about people and problems doesn't help. It doesn't solve problems, it doesn't help other people, and it doesn't help us. It is wasted energy." — Melody Beattie, *Codependent No More: How to Stop Controlling Others and Start Caring for Yourself*.

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*Books - Melody Beattie Codependent No More by Melody Beattie, 1987, Harper/Hazelden edition, in English - 1st Harper & Row ed.*

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