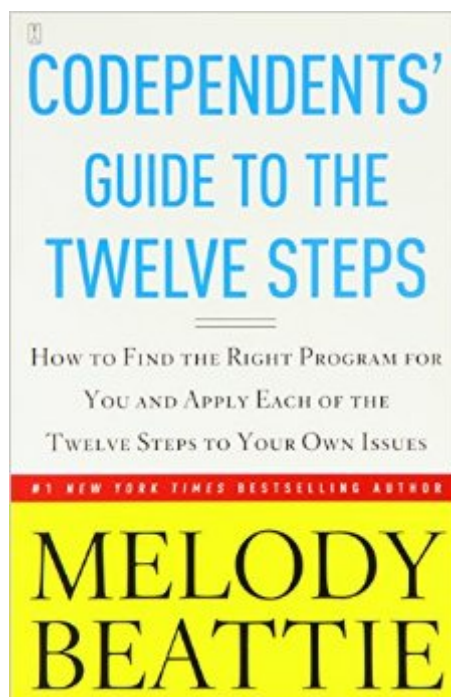


The book was found

# Codependents' Guide To The Twelve Steps



## Synopsis

The > bestselling self-help book that offers advice on how to find and choose the recovery program for you, as well as a directory of the wide range of Twelve Step programs, including AA, Codependents Anonymous, Codependents of Sex Addicts, Adult Children of Alcoholics, and more. Millions identified with Melody Beattie in *Codependent No More* and gained inspiration from her in *Beyond Codependency*. Now she's back to help you discover how recovery programs work and to help you find the right one for you. Interpreting the famous Alcoholics Anonymous Twelve Steps specifically for codependent issues for the very first time, this groundbreaking book combines Melody's expertise with the experience of other people to:

- Explain each step and how you can apply it to your particular issues
- Offer specific exercises and activities to use both in group settings and on your own
- Provide a directory of the wide range of Twelve Step programs including Al-Anon, Codependents Anonymous, Codependents of Sex Addicts, Adult Children of Alcoholics, and more

The uniquely warm and compassionate voice of Melody Beattie will inspire you to turn your life around "one step at a time."

## Book Information

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Average Customer Review: 4.6 out of 5 stars • See all reviews (152 customer reviews)

Best Sellers Rank: #13,490 in Books (See Top 100 in Books) #20 in Books > Health, Fitness & Dieting > Mental Health > Codependency #31 in Books > Health, Fitness & Dieting > Addiction & Recovery > Twelve-Step Programs #55 in Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse

## Customer Reviews

There are many books out there on recovery; and after many yrs in recovery, some of us own most of those books! This is absolutely the best one I have come across as far as the steps go. Its format of explanation and "getting to the heart of the matter" in the steps, can apply to everyones journey, regardless of which program they are in. This book will enhance everyones recovery program as

well as their spiritual path, because it hits the basics and gets to the roots of all healing and growth in a way we can all relate to. Thanks Melody! This book is "Golden". I highly recommend it.

This book is an essential tool for anyone wanting to work on their codependency, especially those of us who have worked the 12 Steps before. I related greatly to what Melody Beattie states in the introduction: The 12 Steps of AA helped relieve her obsession to drink and use, but her codependency issues remained until she applied the Steps to her codependency issues. That short sentence explained exactly where I was in my life when I came across this book. Now that I'm not just working the 12 Steps around my alcoholism and addiction, but also working the 12 Steps around codependency, I've been given a new freedom that I never knew was possible. Now, I'm not just a grateful alcoholic, I'm a grateful codependent!

This book has been invaluable to me as a comforting and challenging resource, especially as I worked through a recent, highly painful relationship loss. I began to understand the 12 Steps much more clearly through Melody Beattie's clear and gentle explanations. Many people I know in 12-step programs use this book, finding that it resonates well with many different types of recovery work.

This book both inspires us and provides us with direction in our lives. The author writes in such a gentle and inspiring way that you can not help but gather up your courage to break out of the chains that bind you to your past. The book also gives us very useful step by step guidelines about what we should do to grow out of the suffocating psychological walls we have built for ourselves. It is a fantastic book for anyone wanting to free themselves from their internal issues and move on with their lives! If you are interested in the theory of how all of this works, read "The Ever-Transcending Spirit" by Toru Sato! It is an absolutely fantastic book that explains the psychological process that creates these negative states as well as the psychological process that enables us to grow out of them. These are the books that are presently guiding me to more and more freedom and happiness these days! I hope they do the same for you!

Years ago when I was going through a painful divorce - this tape helped me keep sane even in the most insane moments. Helps you keep focused on yourself and what life has to offer you. Melody Beattie has spread the word about "living life a better way"

A small group of us used this book in working the 12 steps our some our basic co-dependency

issues. This eased some of us 'newcomers' into the 12 step process in a nurturing manner. I could really relate and appreciate the stories and examples that Melody Beattie shares to relate the issues to so that I could comprehend. This book allowed some deep rooted issues to be explored and my process of recovery to flourish.

In working through my 12 step program, this is one of the best books I have used. Melody Beattie really hits on a lot of the issues - and is a gentle walk through the steps. Times I feel stuck or not motivated to continue working, this book has helped inspire me to continue on.

If you have read "Codependent No More" and thought "Oh my gosh, that's me!" This is the book to get you on track to rid yourself of the pain and frustration in your life. Be ready to be honest with yourself, and answer some difficult questions...

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