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Codependent No More did not feel like a guide book or advice being thrown around. It read with an eerie sense of familiarity. As I poured through the case studies, I found myself thinking "that is

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Others And Start Caring For Yourself" or "I know this person!". It was soon very obvious that I did not understand what being codependent meant.

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With the publication of Codependent No
More in 1986, Melody became a major
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endeared herself to millions of readers striving for healthier relationships. She lives in Malibu, California. More items to explore. Page 1 of 1 Start over Page 1 of 1 .

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been sometimes hurt in the past, but I didn't find a good explanation on how that has affected them. Or she says that the codependent learned that it's wrong to state their needs.

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do whatever it is they are compelled to do, they are not saying they don't love you—they are saying they don't love themselves.”. — Melody Beattie, Codependent No More: How to Stop Controlling Others and Start Caring for Yourself. 51 likes.

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