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Codependency: The End of Codependency: How to Stop Controlling and Enabling Others, Love Yourself, Have Happy Relationships, and be Codependent No More

Laura Raskin

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Do you wish you could spend every waking hour with your partner? Do you get jealous when they're with other people, and are afraid that you would lose your "better half" if they left? Do you have a history of struggling with low self-esteem, a vague sense of your identity, and an inability to really pinpoint what you want in life?

If you answered yes to any of these three questions, you have codependent tendencies and this book can help!

This book will help you understand exactly what codependency is and how it is often idolized in the media as being a defining and necessary quality of a passionate romance. In reality however, codependency is toxic. It destroys relationships.

Understand the roots of codependency

You'll learn about how and why codependent tendencies begin, as well as the four types of codependents: the Martyr, Savior, Coach, and People-pleaser. Many codependents display a mix of traits associated with these types, and often are all four at once. Understanding the building blocks of codependency and how codependent tendencies manifest into particular archetypes, you will gain a better understanding of yourself and how your mind and emotions work.

Break free of codependency!

This book is not just some psychology professor's ivory tower theories. This is a book for the trenches of life. Its aim is practical in nature. We must understand codependency so that we can conquer codependency in our own lives.

Grab this book today and learn:

What codependency is, where it comes from, and what it does to people

The roots of codependency, including addictions, abuse, neglect, shaming, sibling and parental relations, and more

How to really know if you are codependent

The four types of codependents: the Martyr, Savior, Coach, and People-pleaser

Actionable strategies to improve self-love and self-care starting today

What to do if your partner is the codependent one

What a healthy relationship really looks like

The ultimate how-to self help guide for codependents and those who love them

Everyone deserves to be happy and deserves to know who they are outside of their relationship with their significant other. When a person truly believes they are valuable and lovable, life will be so much better than it was before. Relationships will grow and thrive. It’s time to put codependency in the past and embrace what love is meant to be.

This book will improve your romantic and interpersonal relationships, as well as your self-image and self-esteem, guaranteed or your money back.

Grab this proven “how to” guide today and make a small investment in your self and your relationships that will pay off exponentially within a matter of weeks or even just days!

Tags: codependency, codependent relationship, relationships, love, boundaries, self, free, manipulation

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