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Victory Over Codependency: Uncover the #1 Cause of Turmoil in Relationships

Mr Mark Richard Tetzlaff

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Do you face mental or emotional turmoil in any of your relationships? Are any of your relationships stressful? To some, "Codependency" is a very narrow term used to describe only a few highly dysfunctional relationships. However, if you understand the mindset that leads to codependent relationships, you discover that we all have seeds of codependency affecting even those relationships that don't seem that bad. Codependency is a bondage that results when we use our relationships to define who we are, and to measure our sense of value and significance. This book explains why it is harmful to use our relationships in this way and how to be firmly grounded in the intrinsic value we possess because God created us valuable. There are many analogies and real life illustrations to make the concepts easy to grasp. Whether you are trying to make a good relationship better or trying to recover from a highly dysfunctional and hurtful relationship, this book should help.

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