



**Codependent No More: How to Stop Controlling Others and Start Caring for Yourself 2nd (second) Edition by Beattie, Melody published by Hazelden (1986)**

*Melody Beattie*

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Addictions and other compulsive disorders create victims out of everyone close to the afflicted person, the codependent. This book discusses several options to controlling behavior and learning to let go in order to set oneself free.

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