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Codependency - Loves Me, Loves Me Not: Learn How to Cultivate Healthy Relationships, Overcome Relationship Jealousy, Stop Controlling Others and Be Codependent No More (Paperback)

By Simeon Lindstrom

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Codependent partners are not necessarily together because they want to be - they are because they have to be. If you've had difficulty with starting or maintaining relationships, issues with feeling jealous and possessive or find that your connections with others are more a source of distress than anything else, then this book is for you. It may feel sometimes that an intense and serious connection with someone is proof of the depth of the feeling you have for one another. But be careful, obsession and dependency is not the same as love. In the codependent relationship, our affection and attention is coming from a place of fear and need. As a result, the partners never really connect with each other. They do endless, complicated dances around each other's problems, but what they never do is make an honest human connection. In codependent relationships, manipulation, guilt and resentment take the place of healthy, balanced affection. Codependent partners are not necessarily together because they want to be, they are because they have to be, because they don't know...



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