



Heaven Heals a Codependent's Heart (Paperback)

By Diane Vernitsky Jellen

Cushion of Comfort Publishing, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.There is a reason they're not called the one-step or the two-step, but The Twelve Steps. When you are ready to admit you're powerless in changing or controlling another person's addictive disease, Step 1 is the place to start. That's where author Diane Vernitsky Jellen's first book, *My Resurrected Heart: A Codependent's Journey to Healing* began. In order to remain healthy Jellen knew she couldn't stop at the first step. Diane continued following the steps and in her second book, *Heaven Heals a Codependent's Heart* she introduces new friends and reveals circumstances that propelled her path to recovery. From an unmanageable life to admitting the exact nature of her wrongs, Jellen took one-step at a time. In a series of vignettes, Jellen shares insights she gained from making amends, and the principles she gleaned from the travelers she met along the way. -From overcoming a marital breakup to facing a car breakdown and the Jersey Girls she encountered on the Pennsylvania Turnpike. -Diane's admission to a hospital began with a stomach bleed, but...

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