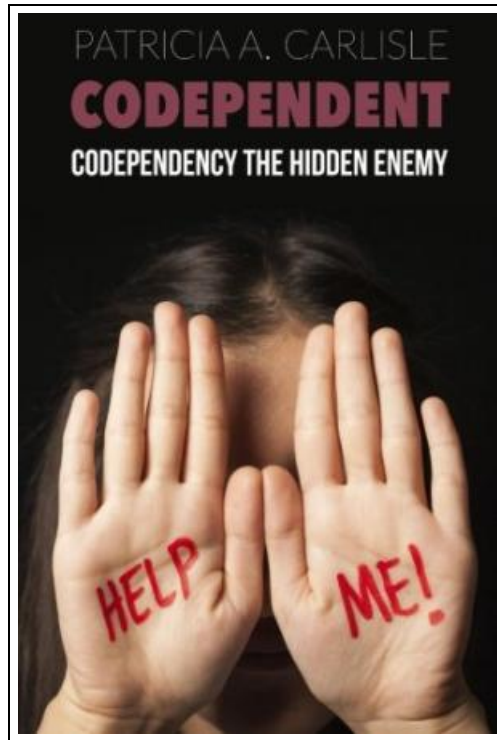


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Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This book contains proven steps and strategies on how to overcome codependency. Most people who are codependent are constantly in an emotional state of fear; anxiety, pain, or feeling like they are losing their way of thinking. These individuals tend to think they can make other people around them happy, and when they can t, they feel somehow less than others, as if life has placed barriers around them, they also feel they are failures. In some cases, they pretend to be what they are not; trying to pursue joy and compassion but the agony of the enemy within themselves (codependency) occurs in their heart each day. They foster all this in their heart and hope to be free from it one day. These individuals tend to hold things within themselves, and then at inappropriate times they overreact, or have a tendency to overact. Some psychologists argue that codependency has become a catch-all for many problems such as low self-esteem, anger control problems, depression, anxiety, and communication problems, and under its current definition, virtually everyone in the United States could be diagnosed as codependent. But because of the secret and hidden nature of their control strategies, passive codependents are perceived as more manipulative.



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