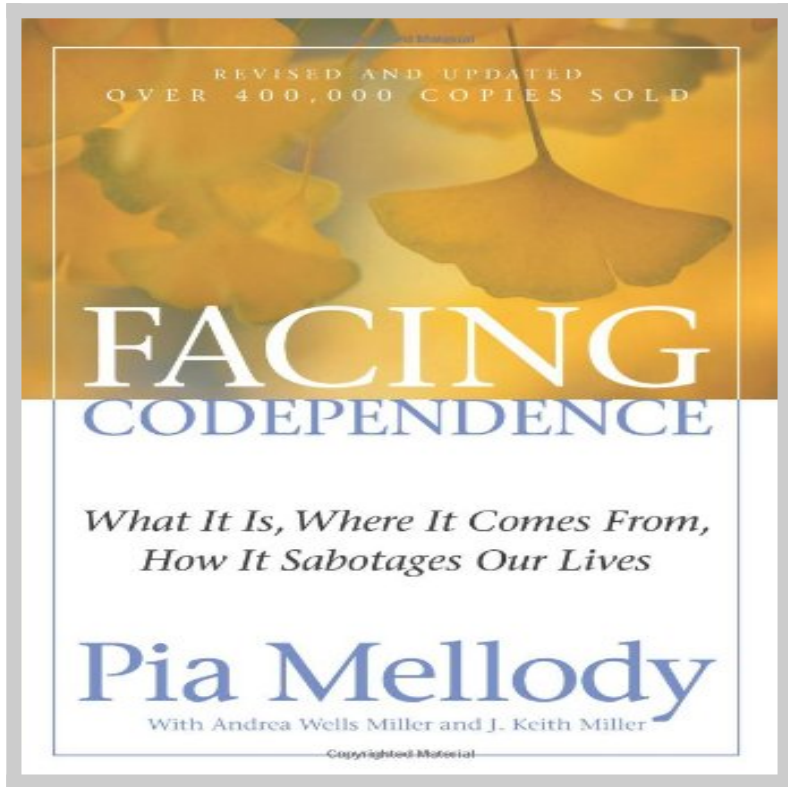


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Facing Codependence Where Comes Sabotages Book Preview

Pia Melody creates a framework for identifying codependent thinking, emotions and behaviour and provides an effective approach to recovery. Melody sets forth five primary adult symptoms of this crippling condition, then traces their origin to emotional, spiritual, intellectual, physical and sexual abuses that occur in childhood. Central to Melody's approach is the concept that the codependent adult's injured inner child needs healing. Recovery from codependence, therefore, involves clearing up the toxic emotions left over from these painful childhood experiences.