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Codependency Cure for the Soul: Steps to Break Free from Addiction, Abuse, Trauma and Enable Healthy Relationships Conquering Your Emotional Health and Happiness (Paperback)

By Steve Martin

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Do you find trouble extracting yourself from a toxic relationship? Are you experiencing self-doubt, anxiety, depression, anger harming you to the point where you feel suffocated? Do you often find yourself taken for granted and receive nothing in return Remember that you are worth it! If you are tired of telling yourself a lie that you choose this life for yourself - It s high time you understand your co-dependency Give Codependency Cure For The Soul a chance to pull you out from self-misery and discover how to reclaim your freedom to walk as the loving, giving, fulfilled individual God created you to be. Here s what you will learn from this book: Discover the roots of your co-dependency and accept who you are Overcome the feeling of being stuck and let it go Understand why your underlying feelings of anxiety, depression, and anger are what really cause you to behave this way Realize how codependency has sabotaged you, the lies it created in your beliefs and the truths that expose them Learn When to Say Yes, How to Say No...



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