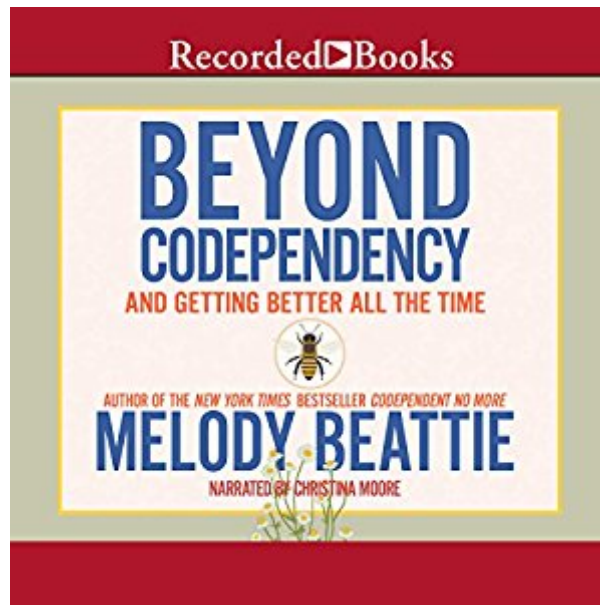


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# Beyond Codependency: And Getting Better All The Time



## Synopsis

Author Melody Beattie's *Codependent No More* spent an astonishing three years on the New York Times best seller list and made codependent a household word. In this thoughtful sequel, she offers further helpful advice for making permanent, positive lifestyle changes. Alcoholism, drug abuse, and similar destructive practices can render families dysfunctional. When the children of these families become adults, they sometimes develop self-defeating survival tactics, such as low self-esteem or an obsession with controlling another person's behavior. To help those stuck in codependent cycles identify and eliminate such troubling issues from their relationships, Beattie shares wisdom gained from years of experience. *Beyond Codependency* is a sensitive and supportive audiobook that encourages listeners to adopt a practical approach when confronting their own unhealthy and unproductive behaviors. As she did with the original, narrator Christina Moore lends her reassuring voice to this important book.

## Book Information

Audible Audio Edition

Listening Length: 7 hours and 4 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Recorded Books

Audible.com Release Date: November 23, 2015

Language: English

ASIN: B0189KXMQ6

Best Sellers Rank: #28 in Books > Health, Fitness & Dieting > Mental Health > Codependency  
#36 in Books > Audible Audiobooks > Science > Medicine #38 in Books > Religion & Spirituality  
> New Age & Spirituality > Mysticism

## Customer Reviews

Once Melody Beattie's *Codependent No More* has been "digested", *Beyond Codependency* helps to move the recovering codependent past the hurt and on to the business of literally changing behaviors and making a better life. I absolutely recommend this book above any others to recovering codependents.

While I have not read the author's other works, I thought this a very valuable book in and of itself. It sheds much light on the topic and helped me to become sensitized to the (once the book was read)

obvious signs of codependency in people. By doing this, it enabled me to avoid situations where I could become codependent in a relationship. I think that, as in the Diagnostic and Statistical Manual, there are levels of psychological situations and/or problems. Thus, there may be people inherently inclined towards codependency, but there may also be people who are thrust into it due to the demands of others. The latter may find this book incredibly helpful in avoiding such relationships and in helping their dependent person seek real help vs. codependency from another person. There are also a number of great quotes by the author in this book. A few are:p. 70: "It's hard to feel compassion for someone while that person is using or victimizing us."p. 71: "If everything looks black, we've probably got our eyes shut."p. 164: "Who we're in a relationship with says as much about us as it does about them."Earnie Tucker (quoted by Melody Beattie)Codependency is not something to make light of, it's as much (if not more) the codependent's problem as the dependent's. As Caroline Casey humorously noted in "Making the Gods Work for You" (Harmony Books NY 1998), on page 72:"What do codependents see when they die? Someone else's life flashes before their eyes."

Wonderful book. It pointed out so many things that I wasn't aware were co-dependant issues that I have. Helped put the answers of why I do the things I do that for so long I lacked. She helps you no longer feel alone. Good book for anyone who is ready to face this and stop it.

The truth of the matter is:We don't want to hear it and we make any excuse to deny it. This book is a denial killer!! I have been in recovery for years and let me just tell you, Beattie is right on top of the root problem. No matter who reads the words, the truth is loud and clear. I would recommend this item to anyone having problems with any relationship.You don't need to be a doctor or a shrink to see the writing on the wall. Beattie spells it out and even if you don't agree, it will open your mind to change. Worth every penny spent!

This book explains to us that, unfortunately we are not in our relationships just for the sake of "love". There is a lot more that explains why we are together with the people we are together with. It tells us about the "Hows" and "Whys" of ourselves and our relationships. It is painful to learn these things, but learning these things is the only way we can shed our next layer of skin and move on with our personal development. If you are in tune with your real self, many of these things the authors says in this book will click inside. If you'd like another great book on this topic, I suggest you read "The Ever-Transcending Spirit" by Toru Sato. It is even better in the way it explains the patterns we

develop both in our minds and in our relationships. I'm sure you will love it if you like to really learn about relationships.

I came to Ms Beattie's first book in the 1990's when dealing with a spouse who had chemical issues. I began to feel poorly about myself while dealing with this toxic relationship, and learned the beauty of detaching myself and self-care. In this book I have found a whole range of ways to heal once past detaching and wanting to work out old family scripts, for example, that were never resolved but kept getting replayed through toxins like shame, not feeling good enough, and down right just not feeling good. My favorite part is when I began to document events that kept coming up as negatives in current relationships (told you were worthless, as a child, for example), spoiling what should be beautiful, and then being asked to draw a conclusion as to how the event made me feel then and now,,,how it continues to upset the apple cart of peace in my life, face it for what it is/ was and discard it as invalid. Many times I have been moved to tears whilst reading, the sweet child still inside me aching so much to return to loving and being loved. I just let 'em flow. Felt just fine. Yes...This is a guy talking, here. If "Codependency No More" was the "I'm mad as hell and I'm not going to take it anymore" book, then "Beyond Codependency" is the "build you back up to the self-caring sweet and gentle soul buried deep inside everyone" book. What a treasure. Like water to a man dying of thirst.

As an adult child of an alcoholic, and recently divorced from an abusive (codependent) marriage, I have heard the word "codependent" tossed around more than a few times with marriage counselors and therapists. I thought I was way beyond that. I actually ordered the book to gain insight into a friend of mine's issues (is that codependancy or what?) and found myself time and time again among the pages. It opened my eyes to behaviors and dysfunctional relationship issues that I was still repeating. WOW. I really understand what codependency is and even though I was not married to an alcoholic, I was truly in an awful abusive codependent controlling relationship and I will never do that again. I have so many pages that I have underlined and dog-eared, and you can bet I will keep that book out to read and re-read often. Amazing. Now that my eyes have been opened I can learn and grow and become a strong and independent person and find healthy functional relationships where I can truly be me and let the other person be them. This book is a must read for anyone in a codependent relationship!

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Beyond Codependency: And Getting Better All the Time Eat Better, Live Better, Feel Better: Alkalize

Your Life...One Delicious Recipe at a Time When People Are Big and God is Small: Overcoming Peer Pressure, Codependency, and the Fear of Man (Resources for Changing Lives) Unbalanced: The Codependency of America and China Anatomy of Drumming: Move Better, Feel Better, Play Better Learning to Improve: How America's Schools Can Get Better at Getting Better Once Beyond a Time - A troubled family, missing child, and a "house beyond time." Time Management: Guide to Time Management Skills, Productivity, Procrastination and Getting Things Done (time management, procrastination, productivity, ... successful people, efficiency, schedule) The Gig Economy: The Complete Guide to Getting Better Work, Taking More Time Off, and Financing the Life You Want SOAR Study Skills; A Simple and Efficient System for Getting Better Grades in Less Time The Time Garden Note Cards: Color-In Note Cards from the Creator of The Time Garden and The Time Chamber (Time Adult Coloring Books) All Time Favorite Dietz & Schwartz Songs Featuring Dancing in the Dark PVG (All Time Favorite Series) The Lordship of Christ: Serving Our Savior All of the Time, in All of Life, with All of Our Heart Better Homes and Gardens Kitchen and Bath Renovation Guide (Better Homes and Gardens Home) Better Homes and Gardens Baking: More than 350 Recipes Plus Tips and Techniques (Better Homes and Gardens Cooking) Better Homes and Gardens New Junior Cook Book (Better Homes and Gardens Cooking) Halloween Tricks & Treats (Better Homes and Gardens) (Better Homes and Gardens Cooking) The Porch Book (Better Homes and Gardens) (Better Homes and Gardens Home) Big Book of Home How-To P (Better Homes and Gardens) (Better Homes and Gardens Home) Do It Yourself: 100+ Paint Projects (Better Homes and Gardens) (Better Homes and Gardens Home)

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