

Dont Leave !!!! Codependency and Attachment



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Codependency and Attachment

Mary Crocker Cook, D.Min., LMFT, LAADC, CADCII

Dont Leave!!!! Codependency and Attachment was written as a lay-person version of Awakening Hope. A Developmental, Behavioral, Biological Approach to Codependence. Awakening Hope is used as a textbook in Alcohol and Drug programs in the United States. This is the fun version, and I hope you enjoy reading it as much as I enjoyed writing it.

About the Author: Mary Crocker Cook, D. Min., LMFT, LAADC, CADCII is the Program Coordinator for the San Jose City College Alcohol and Drug Study Program, and is the author of several recovery-oriented books:

Awakening Hope. A Developmental, Behavioral, Biological Approach to Codependency Treatment.

Afraid to Let Go. For Parents of Adult Addicts and Alcoholics

Codependency and Men.

Where Attachment, Gender Role, and Adrenal Fatigue Meet.

Wake Them Up and They Will Listen To You! Psychoeducation Strategies for Chemical Dependency Counselors
Mary Crocker Cook and Chris Packham

Welcome to My World. A week in the life of a substance abuse counselor.

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