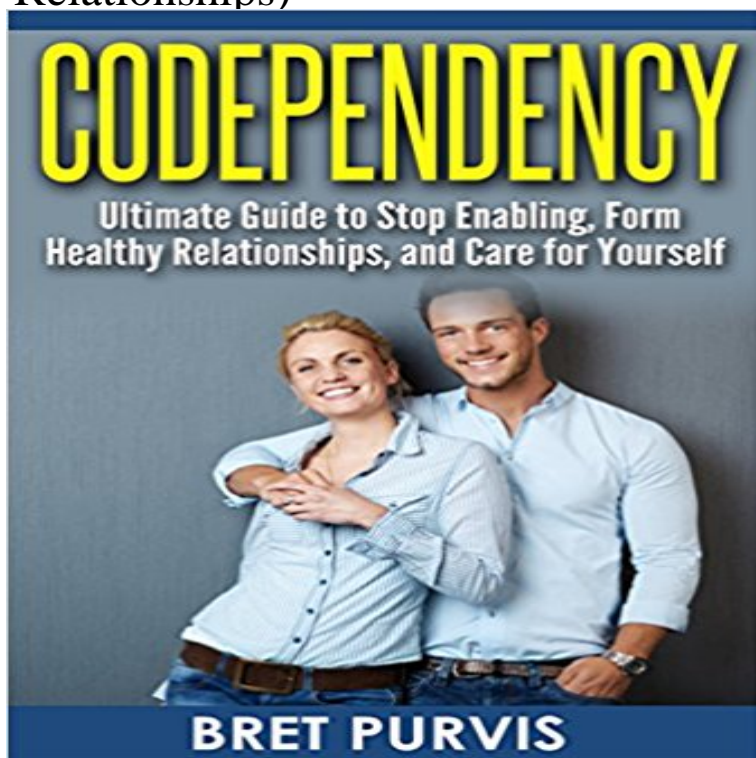


## Codependency: Ultimate Guide To Stop Enabling, Form Healthy Relationships, And Care For Yourself (Codependency, Enabling, Healthy Relationships)



Discover how to stop Codependency today! Do you find it hard to express your true feelings to others? Do you find yourself constantly worrying about what other people think of you? Do you choose to stay silent in order to avoid getting into arguments or getting into other peoples bad books? Do you often feel obliged to cover peoples messes just because you want to be the good friend? Do you have to go out of your way to make things right for your friends who might not even return the favor? If you do, then these and others are signs that you are codependent. Obviously, being in a codependent relationship can make life hard for you. While it is okay to help and lookout for your loved ones, it is truly not your responsibility. In this book, I will show you how codependence can mess your life, and what you can do to put an end to the endless cycle of being codependent. You will also learn how to put your feelings and your needs first and how to form healthy, happy, and mutually beneficial relationships with others. Here is a preview of what youll learn... What Codependence Feels Like How Codependent Relationships Work The Cycle of Codependence Becoming Aware of Your Inner Voice Negative Effects of Codependence How to Fix a Codependent Relationship How to Break Your Codependent Relationship How to Cope When Your Codependent Relationship Ends How to Put Your Needs First and Take Care of Yourself The Healthy Way to End Your Codependent Relationship And Much, Much more! Take Action in Stopping your Codependency today while this book is only \$0.99!

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