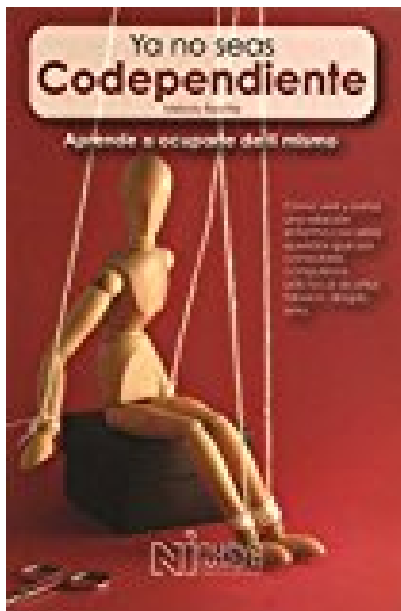


# Ya No Seas Codependiente Codependent No More Como Vivir y Evitar una relacion enferma con seres queridos que son comedores compulsivos adictos al alcohol tabaco drogas sexo Spanish Edition

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## BOOK DETAILS

- Author : Melody Beattie
- Pages : 276 Pages
- Publisher : Hazelden Publishing
- Language : Spanish
- ISBN : 607438505X

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## BOOK SYNOPSIS

In this contemporized follow-up to Codependent No More (more than 3.8 million copies sold since 1986) beloved inspirational writer Melody Beattie narrates the story of her hard-won discovery that you really can love your neighbor and yourself. Renowned for her compassionate voice and deep connection to the difficulties and joys of life and love, Melody Beattie has touched many people through her long list of bestselling books. Her newest offering is in spirit a sequel to Codependent No More yet in style a departure: a finely crafted story of her own spiritual adventure through Northern Africa that "revitalized my faith in God, in the universe, and in myself." Stop Being Mean To Yourself introduces refreshing new ideas about healthy self-esteem for people trying to overcome -- or avoid -- the pitfalls of guilt and self-doubt. Readers who have had enough of jargon, enough of programs, enough of traditional self-help books will appreciate the appeal of this spiritual adventure story and the jewels of inspiration wrapped in its folds. This odyssey is modern, full of suspense, excitement and the light of personal discovery. In each chapter, Beattie narrates part of her travels and offers solid, universal lessons that will apply to every reader -- lessons about trusting our instincts, setting boundaries, loving ourselves and working with our power. It is a message about a way of living based not on prescriptions but on working from the heart.

### **YA NO SEAS CODEPENDIENTE CODEPENDENT NO MORE COMO VIVIR Y EVITAR UNA RELACION ENFERMA CON SERES QUERIDOS QUE SON COMEDORES COMPULSIVOS ADICTOS AL ALCOHOL TOBACO DROGAS SEXO SPANISH EDITION**

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