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There's no need to be embarrassed to be (and stay) Codependent No More. No need to be ashamed to have gone through the process of allowing codependency (in a negative way) to impact our lives, and then learning to stop trying to do what's impossible (control others) and start focusing on the possible: taking good care

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of ourselves. Melody Beattie

*There's No Shame in Being CoDependent  
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Melody Beattie, one of the seminal figures in the recovery movement, is the author of the international bestseller Codependent No More, which has sold over eight

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million copies and been translated into more than a dozen languages. An expert on codependency, Beattie has written fifteen books, including include Beyond Codependency, The Language of Letting Go, and The Grief Club, and lectures ...

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doesn't solve problems, it doesn't help other people, and it doesn't help us. It is wasted energy.”. ? Melody Beattie, Codependent No More: How to Stop Controlling Others and Start Caring for Yourself.

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Over the years, Melody Beattie has become well-known in the world of self-help literature. After turning away from a life of addiction and suffering, Melody

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Melody Beattie  
shared her own story in order to help others change theirs. Her overnight sensation, *Codependent No More*, has been influencing millions for over twenty years.

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Turning What You Have into What You  
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*Books - Melody Beattie*

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The Codependent No More Workbook was designed for Melody Beattie fans spanning the generations, as well as for those who may not yet even understand the meaning and impact of their codependency. In this accessible and

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