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Shifting from Co-Dependent to Independent: How to Let Go of Your Co-Dependent and Controlling Personality, and Start Living as An Individual

Amira Kinsley

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If you want to free yourself or a loved one from dysfunctional codependent behavior, then this book is for you!

Read on your PC, Mac, smart phone, tablet, or Kindle device.

Codependency is a very ugly - and unhealthy - personality trait. A codependent person instinctively seeks out relationships with people who are unable to meet their emotional needs. Eventually, what is supposed to be a loving and supportive partnership is overrun by obsession, control, and resentment which ends with the codependent emotionally unwell and the relationship destroyed. Even more devastating, however, is the effect codependency has on a person's relationship with themselves. A codependent defines themselves in terms of their relationships with others, measuring their worth based solely on what they can do for other people, becoming deeply entrenched in other people's problems and needs, leaving little energy to focus on their own needs.

Are you in a codependent relationship? Or do you know someone who is? If left unaddressed, the condition can lead to self-destructive or self-defeating behaviors such as addictions, psychosomatic illnesses, or worse. Various studies also show that people with codependency are likely to attract further abuse from aggressive individuals. Simply put, it's a continuous downward spiral until you put a stop to it. The good news is, codependency is learned behavior. This means, as this book will show you, it can be unlearned too! Since you're reading this now, you've actually already taken the first step of recognizing the problem. Now join me for this short read to learn exactly how to identify unhealthy patterns in your behavior, and how to take charge and change them. You'll become fully empowered to take the next steps in changing the way you view yourself and the people around you. And before you know it, you'll find yourself easily developing healthy and loving relationships, and naturally rejecting those that aren't good for you.

Here Is A Preview Of What You'll Learn...

- The Origins and Effects of Codependency
- How Take Responsibility and Stop Blaming Others
- Breaking Free of Attachment
- How to Set Boundaries and Say No
- Rising Above Victimization
- Cultivating Healthy Love
- How to Become Mindful of Your Thoughts and Emotions
- Much, much more!

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Randall Blake:

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Andrew Leavens:

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