



Codependency Men

By Mary Crocker Cook

Robertson Publishing. Paperback. Condition: New. 124 pages. Dimensions: 8.7in. x 5.8in. x 0.3in. Is Codependency Different for Men Codependency and Men was written out of curiosity. Is Codependency experienced differently by men What role does gender play in the way Codependency looks for men Should Codependency treatment be different for men I have treated Codependent men for over two decades. The men in my practice have difficulty resonating with the term codependency, frequently as a result of the largely female-oriented terminology used to describe it. This led me to wonder if gender role created a resistance to recognition of their condition. In addition to the early attachment issues that set up relationship challenges, there is the powerful impact of chronic stress on the adrenal system. Again, gender role and gender role stress play a role in a mans self-care and self-abandonment patterns. Detachment from his physical and emotional self can cost him his health and ultimately his life. Codependency and Men utilizes stories, self-evaluation tools and practical strategies to interrupt and heal patterns that have derailed many mens relationships and recovery attempts for years. Here, at last, is a comprehensive understanding of Codependency specifically for men. About the Author: Mary Crocker...



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