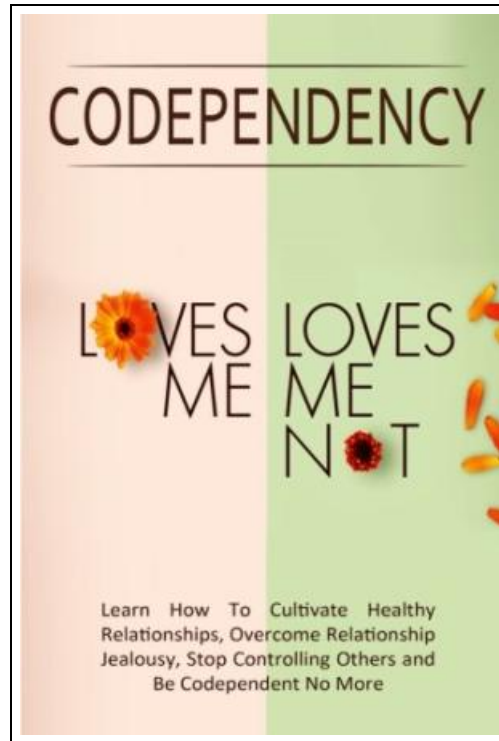# Codependency - Loves Me, Loves Me Not: Learn How to Cultivate Healthy Relationships, Overcome Relationship Jealousy, Stop Controlling Others and Be Codependent No More (Paperback)

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Reviews

This ebook is wonderful. Of course, it really is perform, nevertheless an interesting and amazing literature. Its been printed in an extremely straightforward way and it is simply after i finished reading this ebook where in fact changed me, modify the way i believe.
(Prof. Maxwell Stracke)

CODEPENDENCY - LOVES ME, LOVES ME NOT: LEARN HOW TO CULTIVATE HEALTHY RELATIONSHIPS, OVERCOME RELATIONSHIP JEALOUSY, STOP CONTROLLING OTHERS AND BE CODEPENDENT NO MORE (PAPERBACK)

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Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Codependent partners are not necessarily together because they want to be - they are because they have to be. If you ve had difficulty with starting or maintaining relationships, issues with feeling jealous and possessive or find that your connections with others are more a source of distress than anything else, then this book is for you. It may feel sometimes that an intense and serious connection with someone is proof of the depth of the feeling you have for one another. But be careful, obsession and dependency is not the same as love. In the codependent relationship, our affection and attention is coming from a place of fear and need. As a result, the partners never really connect with each other. They do endless, complicated dances around each others problems, but what they never do is make an honest human connection. In codependent relationships, manipulation, guilt and resentment take the place of healthy, balanced affection. Codependent partners are not necessarily together because they want to be, they are because they have to be, because they don t know how to live otherwise. One partner may bring a history of abuse, a personality disorder or mental illness into a relationship; the ways the other partner responds to this may be healthy or not, but if they bring their own issues to the table too, they may find that the bond of their love is more accurately described as a shared and complementary dysfunction. Remember, the relationships we are in can never be better than the relationships we have with ourselves. Two unhappy people together never make a happy couple together. We cannot treat other people in ways we have...

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