



## Confessions of a Codependent: How to Identify and Eliminate Unhealthy Relationships (Paperback)

By Jacqueline Williams

iUniverse, United States, 2006. Paperback. Book Condition: New. 223 x 147 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.After enduring more than her share of codependent relationships, author Jacqueline Williams knew she needed to change her behavior patterns. Through a great deal of soul-searching, therapy, and prayer, Williams came to understand her codependency and how to eradicate it from her relationships. Written especially for women, Confessions of a Codependent: How to Identify and Eliminate Unhealthy Relationships defines codependent relationships, explains why they are so self-destructive, and explores why these relationships can at times lead to physical violence. Confessions of a Codependent shares other women's stories of codependent, abusive, and/or dysfunctional relationships, as well as the ways these women were able to leave them and move on to healthier partnerships. Confessions of a Codependent also includes practical advice on how to recognize signs that your relationship may be heading toward emotional and/or physical abuse, how to move away from self-defeating and self-destructive behaviors, and resources that you can use to escape a codependent relationship. If you're struggling in your current relationship and feel trapped by codependency, break the cycle with Confessions of a Codependent !.



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