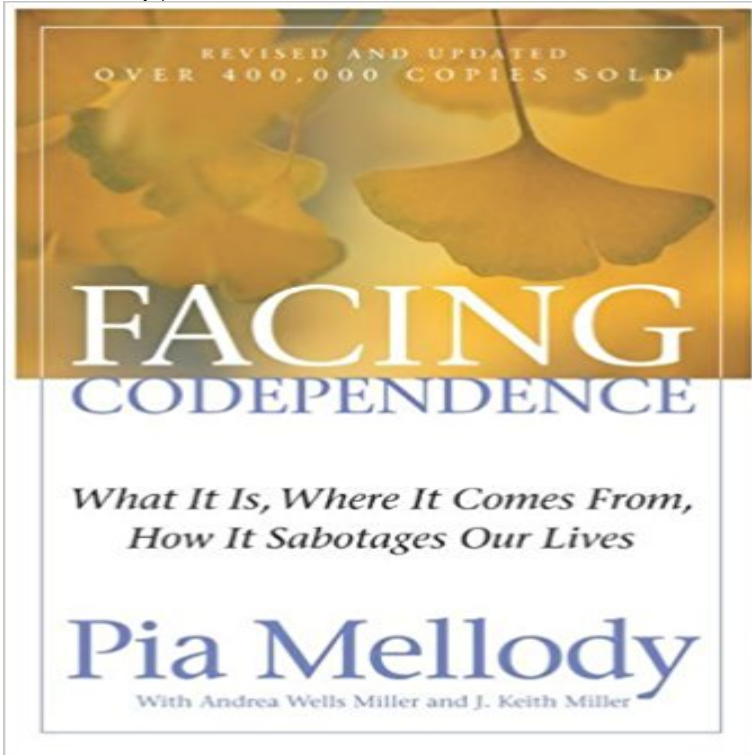


# Facing Codependence: What It Is, Where It Comes from, How It Sabotages Our Lives



Pia Mellody creates a framework for identifying codependent thinking, emotions and behaviour and provides an effective approach to recovery. Mellody sets forth five primary adult symptoms of this crippling condition, then traces their origin to emotional, spiritual, intellectual, physical and sexual abuses that occur in childhood. Central to Mellody's approach is the concept that the codependent adults injured inner child needs healing. Recovery from codependence, therefore, involves clearing up the toxic emotions left over from these painful childhood experiences.

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