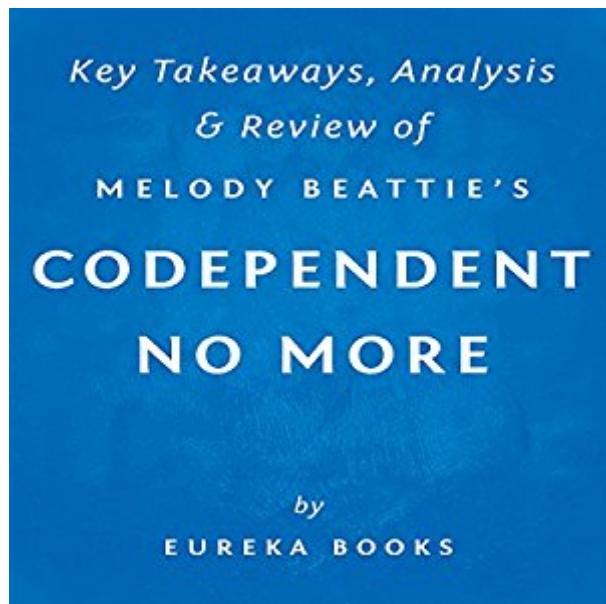


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Codependent No More, By Melody Beattie: Key Takeaways, Analysis, & Review: How To Stop Controlling Others And Start Caring For Yourself



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Synopsis

Codependent No More, by Melody Beattie, is a self-help book that explains codependency and how to overcome it. Originally published in 1986, it was written before codependency was fully acknowledged in the mental health profession.... This companion to Codependent No More includes: Overview of the book Important people Key takeaways Analysis of key takeaways And much more!

Book Information

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in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

Customer Reviews

This review of the self-help book "Codependent No More," opened my eyes to the threat of codependency, and how to overcome it. Its sad that individuals in a relationship with addicts develop behaviors that destroy their own lives, trying to sustain their relationship. While the chemically dependent partner needs healing, so does the codependent partner. This book broke down Beattie's argument into 10 key takeaways that illustrate her message. These points are easy to read and understand, providing a simpler road map to follow in the path to understanding codependency. The section that resonated with me described how codependents are reactionaries. Simply reacting to problems or issues is self-destructive. Instead, we need to actively try and build our relationships. When we put forth the effort to nurture our relationship, we don't fall into a state of crisis management. This is a great book, I highly recommend!

I've seen the word: didn't really know what it meant. Here, Eureka outlines what it means to be Codependent and highlights how Melody Beattie shows a path to what she calls "undependent". I

can sympathize the struggle of having a person in your life with dependencies, many of which bind you to that person. I like Beattie's approach to seeking a higher power and outside help. Looking at the key takeaways that Eureka outlines, I can see where a lot of what Beattie says makes sense. While this summary educated me in what it means to be codependent and shows the steps to live more independently, I can see that the actual book would be a strong resource for those that need the help. There's no shame in that! This summary covers the book overall, the main bullet points of the takeaways, and several pages on each takeaway, elaborating the steps that Beattie recommends toward non-codependent living.

If you've read the book, this is a good summary to recap and carry with you... But if you haven't read the book, it really isn't that helpful. For more specific and detailed information the book is really the best place to find that. This is a quick, 10-page summary

Powerful book that will help people in relationships with addicts. Well researched and a must read. If you or you know someone that is in a relationship with an addict get a copy. This is life changing and well worth a read. I read both the original and the guide and prefer this summary. Very direct and just covers the main concepts and ideas. After reading you will recognize a lot of behavior that is self-destructive. I especially liked the section on how to break the cycle. The original was a little hard to understand but the guide made it clear and simple. Helped me a lot and I would recommend.

This might be misleading to some people, especially if shopping on your hand held device. This is a very dry 'cliff notes' overview of the book, done very seriously. If you want to pretend you read the book and say a few intelligent things about it, then you can listen to this. If you should be reading the book, this is almost useless. For what it is, it should be 99 cents!

The book was recommended to me by my sister-in-law, she said it would help me understand my actions, she was right, this book was hard to put down, I learned a lot from it. I never realized that I was a victim, my son is an drug addict. It's going to be a long road for me but I will get healthy, thanks to what I have learned from reading this book.

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