



# Codependent No More and Beyond Codependency

*Melody Beattie*

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## **Codependent No More and Beyond Codependency** Melody Beattie

TWO BOOKS: Where recovery began for many people, this inspiring, straightforward, personal explanation of what codependency is and who has it gives listeners the option to change unhealthy behaviors and stressful relationships, as they rediscover hope, guidance, and encouragement.

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