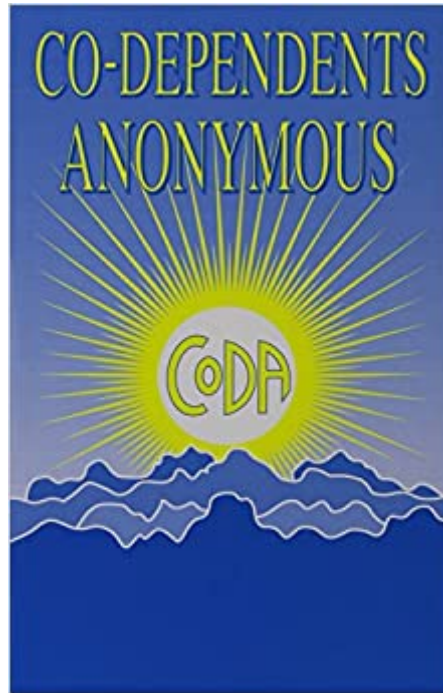




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# Co-Dependents Anonymous



## Synopsis

Co-Dependents Anonymous is a Fellowship of men and women whose common purpose is to develop healthy relationships. The only requirement for membership is a desire for healthy and loving relationships. We gather together to support and share with each other in a journey of self-discovery - learning to love the self. Living the program allows each of us to become increasingly honest with ourselves about our personal histories and our own codependent behaviors. We rely upon the Twelve Steps and Twelve Traditions for knowledge and wisdom. These are the principles of our program and guides to developing honest and fulfilling relationships with ourselves and others. In CoDA, we each learn to build a bridge to a Higher Power of our own understanding, and we allow others the same privilege. This renewal process is a gift of healing for us. By actively working the program of Co-Dependents Anonymous, we can each realize a new joy, acceptance, and serenity in our lives.

## Book Information

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## Customer Reviews

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It is a very wonderful process for healing co-dependency. It assists the reader in finding the sources of their own co-dependency and provides tools for healing this very painful life process. Many of us don't even realize the degree of our own co-dependency until we take an honest look at ourselves and the source of this pain in our lives. It is not an easy thing to overcome and the tools of CO-DA are amazingly accurate guages of what is going on in our lives.

If this is your first and only recovery book, then purchase it. I still like my Big Book of Alcoholics Anonymous. This CODA book also has a very nice Chapter Five giving information that is valuable. Then there are many, many stories. It is a very large book - almost 600 pages. It is worth it.

Excellent overview of codependence and support groups.

I really enjoy reading this book and going to the meetings. I wish there was one made for those who do not believe in God though. However, I do really like this book and have learned a lot from it.

Great book in great condition

Great book- not so fast shipping

real good condition

Needed for recovery.

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