



# BREAKING FREE

A RECOVERY HANDBOOK for  
FACING CODEPENDENCE

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Pia Mellody

With Andrea Wells Miller | Coauthors of *Facing Codependence*

# Breaking Free A Recovery Workbook For Facing Codependence

**Raffaela Di Napoli**



## **Breaking Free A Recovery Workbook For Facing Codependence:**

Breaking Free Pia Mellody,1989-12-13 In her pioneering Facing Codependence Pia Mellody traced the origins of codependence back to childhood and a wide range of emotional spiritual intellectual physical and sexual abuses Now in this innovative new workbook she presents a step by step journal keeping method for moving toward recovery from codependence Based on such concepts as the precious child and the five core symptoms of codependence along with the Twelve Step process of recovery used by Codependents Anonymous Breaking Free provides strategies and insights for attacking the fundamental problem in codependence the lack of dependence on self In a three part approach to recovery Mellody first shows recovering codependents how to move beyond denial of their childhood history of abuse She then offers techniques to identify concrete ways in which the symptoms of codependence operate in their lives Finally Mellody guides users through the process of identifying and recording specific instances of improvement in their lives as an aid to greater self awareness and further recovery

**Breaking Free** Pia Mellody,1989      **The Self on the Shelf** Gary Greenberg,1994-08-04 The Self on the Shelf examines the cultural and philosophical determinants of popular recovery books Greenberg argues that this literature can be read as documents of the prevailing understanding of the self in American society The construction of the self promoted by recovery literature is seen as a nihilistic one insofar as it denies the significance of what continental philosophy calls the Other In this sense the self help books are correct in their assertion that we have lost sight of how to love but their proposed solution shows up as a recapitulation and strengthening of the conditions that gave rise to this situation in the first place Greenberg s critique provides a commentary on the difficulties that face our culture in achieving any sense of meaningful community and on the way that this problem surfaces in a highly popular discourse

**Out Of The Woods** Alan Heeks,2013-09-19 This book is a guide for the maturing man complete with route finder service areas scenic highlights and emergency callout advice It gathers the best wisdom and experience of many men on enjoying your best years to the full on the skills you need to handle the losses and shipwrecks and on how to grow through them It offers insights inspiration practical advice and resources for further help The aim is simple enjoy life now The book offers wisdom from the unexpected like a Wiltshire wood football Sufi mystics car maintenance and heroic myth Topics in the book include Change and renewal A fresh look at relationships Work money and fulfilment Tackling health issues Family Dynamics ageing parents and lots more Last Chance Saloon addictions anger depression alternatives Dreams dawns dying inspiration Giving and receiving friends groups communities Sex Yes you can Maturing organically sustaining your happiness giving back The book offers an easy entertaining read to guide men through this new stage of life It s also helpful for partners family and friends who want to understand and support them To handle new needs and challenges there are self test exercises and further resource guides

A Light in the Dark Kenneth M. Adams,Mary E. Meyer,Culle L. Vande Garde,2023-02-07 A groundbreaking book detailing the unique issues experienced by adult children who grew up with a

sexually addicted parent and offering a path to unburden their shameful legacy and embrace sexuality and intimacy without the intrusion or constraints from the past Adult children who grew up with a parent who had a sexual addiction are left confused ashamed and mistrustful regarding the feelings and boundaries surrounding sex love and intimacy Due to the inappropriate sexual behavior of one parent and the subsequent impact of betrayal on the other parent these adults carry sexual secrets have divided loyalties and are often caught in the middle of their parents struggles Having witnessed or known of affairs walked in on a parent masturbating or viewing pornography received extreme or shameful messages regarding sexuality or gender experienced sexualized remarks about their bodies been neglected as a result of the addiction or were modeled extreme moral values either too permissive or shaming these adult children of sex addicts ACSAs struggle with their sexuality and longings for love ACSAs have not had their stories told in any significant way in the recovery literature Intergenerational trauma is transmitted through the legacy of carried sexual shame the burden of which is not theirs Their shame and struggle has often been wedged under various umbrellas of identification adult children of alcoholics love avoidant codependent sex addict love addict and others A Light in the Dark offers hope for unburdening ACSAs by sharing the experiences of others as well as examining the characteristics roles and recovery that point toward the freedom and joy they rightfully deserve

**Co-Dependence Healing the Human Condition** Charles Whitfield,2010-01-01 Of all the books on the often misunderstood concept of co dependence this is probably the clearest most complete and informative Charles Whitfield is a frontline clinician who has been assisting co dependents in their healing for over twenty years He has researched the literature on co dependence which he summarizes in this widely read book He sees co dependence as a way to more accurately describe the painful and confusing part of the human condition In careful detail he describes just what co dependence is and what it is not how it comes about and how to heal its painful aftereffects

**Codependents' Guide to the Twelve Steps** Melody Beattie,1992-04-09 Explains how recovery programs work and how to apply the Twelve Steps of Alcoholics Anonymous Offers specific exercises and activities for use by individuals and in group settings

**Using Bibliotherapy in Clinical Practice** John T. Pardeck,1993-10-26 Pardeck provides mental health professionals with readily available information on self help books that can be effectively used with various clinical problems The materials presented can also be used by those not necessarily trained in clinical intervention this group would include parents teachers and librarians The approach offered bibliotherapy is an emerging clinical technique There are over 400 self help books presented and annotated that focus on chemical dependency coping with change family violence and dysfunctional families parenting personal growth serious illness social relationships and divorce and blended families

**Fatal Attractions** Bill Perkins,1991 Christian perspectives on addictions to food sex codependency exercise negativism and workaholism

**Circle of Health** Caryn Lea Summers,1991 [A Hunger for Healing](#) Keith Miller,1991 This series is designed for people Christian and non Christian who feel some deep and persistent pain and discomfort rather than only for those who are purely seeking a deeper

knowledge of God     Adult Survivors of Child Sexual Abuse Christine A. Courtois,1993     **Wounded Workers** Kirk E. Farnsworth,1998 Empowers wounded Christian workers Prevents their wounds from becoming their dwelling place Prevents their woundedness from becoming their destiny Asks the important questions 1 Are you upset with a neurotic boss An addictive organization A spiritually abusive pastor 2 Are you struggling to behave in a Christian manner while working in a non Christian environment 3 Are you frustrated disappointed or angry that your place of work or worship is not living up to its Christian name Helps you evaluate your situation take control of your vulnerability and find a peaceful solution Gives you reliable tools for recovery 1 Tools to assess the organizational and personal realities of the situation that has turned sour 2 Truths to hold on to while refusing to compromise your Christian commitment and convictions 3 Tactics to consider before deciding whether to ride it out to run or to fight for what is right     **The Publishers Weekly** ,1989     American Bookseller ,1989     Healing Yourself Sherry Kahn,Mileva Saulo,1994 This is a comprehensive holistic handbook from which nurses can select practical and easy to use techniques to sustain their bodies minds and spirits as they meet the daily demands of their challenging careers organization management administration OB organization behavior nursing administration leadership delegation business professional executive     **Feminist Bookstore News** ,1989     WLW Journal ,1990     *Quill & Quire* ,1992     *The Psychologist* ,1991

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