

**Codependency: How To Stop Being Codependent & Have A  
Healthy Relationship (Rebuild Your Confidence & Self-  
Esteem, Fix Your Marriage) [Kindle Edition]**

**By Barbara Gain**

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Codependency is defined as a psychological condition or a relationship in which a person is controlled or manipulated by another who is affected with a pathological

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It really helped define for me what being codependent is and what I was doing. Even though I wish he would stop. I am very anxious and angry all the time at him.

but to use the information to work through the knots of our psychic being. They may have If your relationship was When self-esteem is low, we have a

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How to stop being codependent starts with facing denial and enabling behaviors. More on codependency recovery and where to find it here.

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