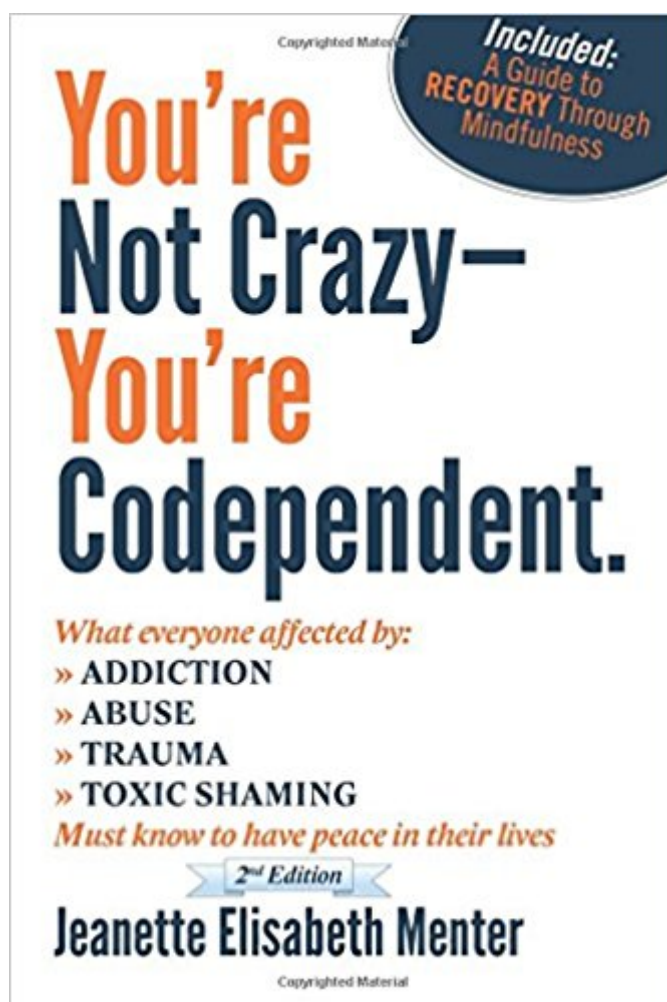


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# You're Not Crazy - You're Codependent.: What Everyone Affected By Addiction, Abuse, Trauma Or Toxic Shaming Must Know To Have Peace In Their Lives





## Synopsis

If your life has been affected by addiction (yours or someone else's), abuse, trauma or toxic shaming, you may also be struggling with another invisible problem - codependency. Without your even being aware of the connection to the above issues, it has created additional life-long challenges such as endless guilt, anxiety, perfectionism, need to control, depression, a history of dysfunctional relationships and much more. This easy to understand, interactive book will reveal how codependency has sabotaged you, the lies it created in your beliefs and the truths that expose them. Also included is a Guide to Recovery using simple acts of mindfulness to overcome harmful habits in your thinking, actions and choices that are keeping you from having peace. Once you understand you are not crazy, just coping with the deep-seated effects of codependency, you will be free to create the life you were always meant to have.

## Book Information

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## Customer Reviews

Jeanette Elisabeth Menter is a former newspaper columnist, freelance magazine writer and Christian Lay Counselor. She began her writing career at the age of sixteen. Her interest in codependency is based in her own experiences. Having had to live through a childhood filled with addiction, abuse, ongoing shame as a way of control and more, she knows what readers are dealing with. I had the very real need to share what I have learned along the way about this debilitating problem. I present codependency in a whole new light and believe that anyone who commits to what is laid out in this book will see positive changes in their lives. • Born in Munich, Germany, she was raised in Ohio. At the age of twenty-two she bought a one-way train ticket to California to escape a violent relationship. She spent the next 28 years there and had an successful

advertising career for over twenty years. Yet inside she was still battling the demons of codependency. In 2007 she received her Bachelor's Degree (Cum Laude) from Indiana Wesleyan University with a focus on communications. She and her husband, John moved to Las Vegas in 2012 to be nearer to their grown children in California. It's amazing how many people still don't understand codependency, even when it is consuming them and those they love. The need to fix others is always easier than accepting we are codependent and need help. • "You're Not Crazy-You're Codependent" is Jeanette Menter's first book. "Like addiction, once a codependent, always a codependent. The difference is now I control it...it doesn't control me."

I was looking for a way to understand my codependency issues. By reading this book and actually doing the exercises I'm a long way down the road towards breaking the habits and entrenched thinking that have held me captive for years.

I have always known something was not right with me, but could never pinpoint what that something was. Based on past relations with significant others, family and friends...I just thought I was a depressed control freak. After reading reviews and description of this book, I finally got it. After forty years, I finally understand that I'm not crazy and that my actions are based on things I was raised. In no way playing the blame game, it was enlightening to see a pattern in my family structure that dates back even before my time. It's almost like a cycle, and this wonderful book allowed me to see that. That being said, the strategies and confidence I have built up since reading this book has turned me into a more positive person, that wants to live my life and not depend on living through others through control or manipulation even at a subconscious level. It was also peace of mind to know that this is a true disorder...maybe not medically classified, but it is real and it is a cycle/addiction that can be broken. Thanks so much for this eye opener book that has truly changed the way I'm living my life...and my family thanks you as well

A lighter version of the earlier books on codependence but covers the subject very well. Easy to read.

I think this book shed more light on Codependency than any other book I've read.

This book really helps to break down and understand what a codependent is. Perfectly written! I felt

like I was ready a story about myself. It really hit home!

Great content and easy to read.

This book enlightened me. I'm almost speechless, but I have a deep need to convey how urgent, necessary, healing, eye opening, and life changing this book is. It is everything I needed to hear to get unstuck and finally start healing. Wow! Namaste

This is a great book if you are serious about healing yourself.

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Gambling Addiction Forever! (Gambling Addiction, Gambling, Compulsive Gambling, Roulette, Gambling Systems) My Husband's a Porn Addict: A wife's tormenting journey through her husband's addiction ((Pornography addiction, porn addiction, spouse of porn addict)) Gambling Addiction: The Ultimate Guide To Gambling Addiction Recovery: How To Finally Overcome Gambling Addiction And Problem Gambling Forever (Overcome ... Sports Gambling, Fantasy Sports, Poker) Elder Abuse Prevention and Intervention: A Guide to Dealing With Nursing Home Abuse and Other Elderly Abuse Issues The Detrimental Effects of Emotional Abuse: How Emotional Abuse and Emotional Elder Abuse Destroy Us All The Addict's Loop: A New Understanding And Workbook For Codependent Relationships And Addiction What Everyone Needs to Know about Islam (What Everyone Needs to Know (Hardcover))

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