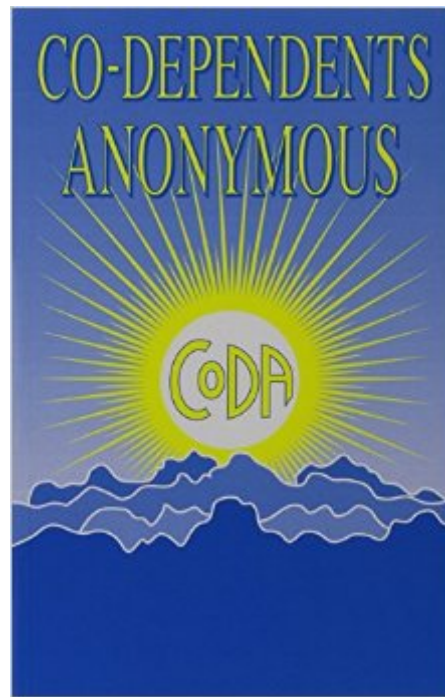


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# Co-Dependents Anonymous



## 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

Paperback: 593 pages

Publisher: CoDA Resource Publishing; 1st edition (1997)

Language: English

ISBN-10: 0964710501

ISBN-13: 978-0964710504

Product Dimensions: 8.5 x 1.2 x 5.5 inches

Shipping Weight: 1.5 pounds

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (50 customer reviews)

Best Sellers Rank: #38,710 in Books (See Top 100 in Books) #28 in [Books > Reference >](#)

[Quotations](#) #75 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Twelve-Step](#)

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## Customer Reviews

Codependents Anonymous is a 12-Step recovery program for men and women whose common purpose is a desire for healthy and loving relationships. The program is based on the Steps and Traditions of Alcoholics Anonymous. The book is the basic text for the program, which has meetings throughout the United States and internationally. The first half of the book defines codependency and the program of recovery from codependence, while the second half of the book consists of personal stories of recovery. The book is one of many pieces of literature that the program offers, but is generally considered Codependents Anonymous's (CoDA's) "Big Book."

I am the adult child of two adult children of alcoholics. When my marriage fell apart and I went into therapy, I was baffled when the therapist said, "No Lisa, you're not crazy, but you are severely codependent." Because my parents didn't drink, I was confused by my therapist's diagnosis. And then I read books like Codependent No More and eventually stumbled upon this blue book. I attended my first codependents group--shy--intimidated--and unsure as to what I might find. I had been bullied my entire life by my adult child of an alcoholic mother. I thought her obsessive need to control every thing I did, including how often I changed my underwear when I was a little girl--was the result of a flaw in me. Her inability to trust me--or to be nurturing towards me--made me feel like I was ill--bad--flawed--broken--and never enough. I was well into my thirties, depressed, the mother of three small children and in the throws of a excruciating divorce before I began to understand how lost I was inside of my own being. What I learned to understand was, that codependency isn't like cancer. You can't look at it on a cat scan and say "There it is--now let's go operate and take it out," Codependency is us...it is the way we have been programmed by our caretakers--to disown self--to loathe self--to question self--to worry more about others than we do ourselves. I have turned many of my coaching clients onto this book because I believe so strongly in the enlightening as well as empowering messages about codependency and ultimately--life--that it has to offer. This book is full of personal stories of triumph and human courage. It will inspire you, and even make you cry. It will warm your heart, as it opens your mind...And if you are willing--it will heal your soul too...Namaste...Lisa A. Romano Codependent Recovery Specialist

Helpful approach to the 12 steps. Helps to regain focus to ones Higher Power rather than giving power away to someone or something else. Gentle way to loosen the grip of the past. Good emotional and spiritual nourishment.

A must for people in recovery. Adult Child and codependence are the core issues of all other compulsive/addictive behaviors. This book contains the wisdom of many who have walked out of the unmanageability of our old ways of interacting with ourselves and others. It's a relief to learn we didn't do this to ourselves, and we aren't born this way. Recovery is a beautiful word. When a recovery expedition is done in the world, it is to retrieve something of great value. Sunk ships, buried treasures, lost people. Twelve step recovery takes us back to find our authentic selves, retrieve our abandoned parts, heal, and learn the skills we didn't develop in our formative years. This book was critical to my recovery, and I will return to it year after year, because codependence

is a deeply rooted compulsive disease. I never want to go back to the pain of hitting bottom again. So I work it like I'm worth it.

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.

The "Big Book" or "Blue Book" is an essential part of many 12-step programs. This is the one for Co-Dependents Anonymous. Most of the personal stories are by people who have had horrific lives of abuse and other unacceptable treatment from others. Some are quite long. I don't remember any that talked about HOW they came to live healthy lives; they seemed to all stop abruptly with some version of "living happily ever after." Of course, the point is to encourage people that the program of Co-Dependents Anonymous is the link between the story & the ending. It did not give me hope. I found many of the stories to be too horrible to contemplate. I would say it should only be read on the recommendation AND close supervision of one's sponsor. Do not try this at home.

The one I got is the first version; later versions are what's used in the contemporary groups I've found. Nevertheless, I think this is a very good introduction to what CODA is about. Over half the book is peoples' stories.

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.

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