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Codependency: Learn How to Search for Happiness Inside Yourself and Break Free from Unhealthy Relationships

Joanne Robinson

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Do you feel that you’re stuck in a codependent relationship? Then you should scroll up and grab a copy of this book! Codependency is an issue for both partners in the relationship. When one partner relies on the other partner to bail them out of situations or take care of them and the other partner does, then this is known as a codependent relationship. It’s becoming an increasingly more common complication with relationships, and it’s detrimental to the mental health of both people involved. If you are in a codependent relationship, you don’t necessarily have to break it off with the person you’re currently with. Sometimes, one partner will choose to end the codependency and the relationship will gradually die off because the other partner doesn’t want to change the dynamics; however, there are instances where both partners are able to make a change. If you feel you’re stuck in a codependent relationship, whether you’re the enabler or you’re the dependent one, you ought to read this book. You will find information that will help you break away from these tendencies and grow as a person.

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