



Understanding Codependency: A Journey to Recovery (Paperback)

By Yolonda Young Simmons

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book will forever change your way of thinking and living. It is a fantastic spiritual journey of discovery that through pain comes gain. It is intended for anyone trying to learn how to love without conditions. This book talks about letting go, becoming powerless, and learning how to forgive. This book was written for a codependent but can be used by anyone in an unbalanced relationship of love. It is for anyone that is overwhelmed in life by another person s addiction to anything including an addiction to drugs or alcohol. The book is an easy read, uplifting, motivational book, just over 115 pages. Easy to comprehend for such a difficult subject matter. Addiction is a family disease and addiction gets progressively worst when untreated. For every addict or alcoholic impacted by the disease of addiction there are at least ten family members or loved-ones also impacted. So, when and how do we address the issues of the families and loved-ones affected? The pain, for the family member is valid, detrimental and real, yet, most loved-ones will go untreated. This book...



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