

# Co Dependence Healing The Human Condition

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of all the books on the often misunderstood concept of co dependence this is probably the clearest most complete and informative charles whitfield is a frontline clinician who has been assisting co dependents in their healing for over twenty years he has researched the literature on co dependence which he summarizes in this widely read book he sees co dependence as a way to more accurately describe the painful and confusing part of the human condition in careful detail he describes just what co dependence is and what it is not how it comes about and how to heal its painful aftereffects

new york times bestseller new scientifically based approaches that recognize the biological basis of addiction have brought major advances in the treatment of addiction dr urschel is at the forefront of this treatment paradigm dr larry hanelka psychologist the proven scientific approach to conquering addiction and defeating the disease healing the addicted brain is a breakthrough work that focuses on treating drug and alcohol addiction as a biological disease based on the recovery science program that has helped thousands of patients defeat their addictions over the past 10 years it combines the best behavioral addiction treatments with the latest scientific research into brain functions providing tools and strategies designed to overcome the biological factors that cause addictive behavior along with proven treatments and medications using this scientific approach you will learn to conquer the physical factors that keep people tied to drug and alcohol addiction the proven fact is addiction is not a moral failing or an issue of not having enough willpower it is a disease of the brain that can and must be treated like other chronic medical illnesses such as diabetes hypertension or asthma in order to defeat the disease this revolutionary program can triple the success rate of patients from 20 30 to 90 there is hope by understanding addiction and using 21st century breakthroughs for the first time drug and alcohol addiction can be and will be defeated

healing and recovering from co dependency addiction enabling and low self esteem this story is told through the jagged peephole of the author s awareness examining her formative wounds and influences from the perspective of a woman who has now gained experience and wisdom as she peers over her soul s shoulder she recalls the chaos of her once fragile childhood mind she shudders as she is reminded of the sting of her lonely

childhood her feelings of abandonment and her painful memories of being bullied her childhood self was once so lost that she even contemplated suicide as the years progress her mind is riddled with obsession compulsion and a crippling sense of low self esteem a turning point arrives many years later after marriage and the birth of three children this story is about healing the faulty programming of childhood it is about recovery from relationship addiction food addiction anxiety and constant fear it is a human story that will resonate with readers from all walks of life and which offers hope to anyone who has felt imprisoned by the past

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