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## **EZCPEY - ZAYDEN BOWERS**

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“A fascinating mixture of traditional psychoanalytic thinking with clinical strategies that even today would be considered creative and controversial, The Fifty-Minute Hour has never failed to capture the imagination. . . . No student’s education in psychotherapy is complete without reading this book. Decades after its original publication, it still stands as a pioneering landmark in the history of psychotherapy.”-John Suler

Do you worry that you drink too much? Or perhaps you fear that your dependence on drugs, food, sex, or some other vice is spiralling out of control, and taking your quality of life with it? In *Who Says I'm an Addict?*, David Smallwood looks at the issue of addiction with compassion, clarity, and wisdom that comes not only from his own difficult journey with addiction, but from his considerable experience overseeing treatment programmes in rehabilitation clinics. David looks in detail at all areas of addiction, from denial, hitting rock bottom, and dealing with shame and guilt, to how our family of origin and the traumas we go through in childhood influence us in later life. He then explores the road

to long-term recovery, guiding the reader on how to do the emotional work necessary to ensure that they avoid relapse and can finally lay their demons to rest and get on with re-building their life.

A first-time examination of sexual anorexia, an extreme fear of sexual intimacy and obsessive avoidance of sex, by the acknowledged leader in the treatment of compulsive sexual behavior and recovery. A first-time examination of sexual anorexia, an extreme fear of sexual intimacy and obsessive avoidance of sex, by the acknowledged leader in the treatment of compulsive sexual behavior and recovery. Author Dr. Patrick Carnes begins by defining sexual anorexia and demonstrating how it and its parallel disorder, sexual addiction and compulsivity, often arise from a background of childhood sexual trauma, neglect, and other forms of abuse, Carnes explores the numerous dimensions of sexual health, examining key issues which must be addressed and resolved for recovery to proceed. Utilizing extensive research and elucidating case studies, Carnes develops concrete tasks and plans for restoring nurturing and sensuality, building fulfilling relationships, exploring intimacy, and creating healthy sexuality. Wo-

ven throughout the book are stories of recovery which illustrate sexual healing principles, model new behavior, and support motivation for change. Sexual Anorexia enables those suffering from this disorder to recognize that sex need not be a furtive enemy to be fought and defeated but, instead, a deeply sensual, passionate, fulfilling, and spiritual experience that all human beings are innately entitled to.

Advice and step-by-step guidelines for those seeking to recover from addictive relationships.

Someone pushes your buttons. You feel rage, fear, sweaty palms, unbidden tears—you feel like a kid. We've all experienced moments when we lose control of a situation and ourselves. Now, in *Growing Yourself Back Up*, the first book to explain the idea of emotional regression to the general reader, bestselling author John Lee identifies the circumstances that cause these seemingly uncontrollable feelings and shows how they are directly tied to our experience as children. No adult, explains Lee, need ever experience the helpless feelings of childhood again. Here are his proven methods and visualization exercises, developed in his popular workshops, for recognizing, preventing, and diffusing regression in ourselves and others. He teaches, for example, that adults cannot be abandoned, they can only be left; if we're feeling abandoned we're regressing. He also reminds us that no matter how overwhelmed we are, adults always have options; if we believe we don't, we're in a regression. *Growing Yourself Back Up* will show you how to: \* develop strong emotional boundaries and convey them to others \* learn the Detour Method that reverses regression \* confront without regressing \* communicate with the au-

thority figures who push your buttons \* minimize regression at family functions Lee offers hope—as well as practical strategies that work—for conquering those childlike feelings of powerlessness that are almost always rooted in regression.

When I was four and a half years old, I found my mother passed-out on her bedroom floor. She had overdosed--shortly after giving birth to my baby brother, and she went on to spend six months in a psychiatric hospital. On one of the many days she was away, I remember sitting in the backseat of our car with my older brother as my father drove us to the store, when suddenly our car collided head-on with another vehicle. I was too young to understand everything happening at the time, but, in the months that followed, I became parentless for a span of time that seemed like years. That experience set the stage for a lifelong interest in the impacts of childhood trauma. It also sparked my passion for healing others. Today, based on the model created by best-selling author and trauma expert Pia Mellody (*Facing Co-dependence* ©2003), I share with you, *Gifts from a Challenging Childhood: Creating a Practice for Becoming Your Healthiest Self*. In these pages, you will: \* Learn and adopt 5 Core Practices for healthy living \* Cultivate a framework for your functional adult Self \* Gain clarity about your family-of-origin history \* Reparent your historically hurt places \* Speak your truth, and learn to have your own back \* Gather and use resources to help you heal from childhood trauma "In *Gifts from a Challenging Childhood*, author Jan Bergstrom describes with empathy and clarity the exact emotional, intellectual and neurological ways that children's brains respond to trauma, and how the impact of that experience endures in the child's life throughout adulthood. Bergstrom explains how

our basic needs as children for love, protection, validation and expression must be met by our parents; and how, when these needs are not met in childhood, we can end up with one-up or one-down self-esteem and over-protective or under-protective boundaries as adults. In-depth descriptions of supportive, therapeutic techniques abound in this book, from mindfulness to grounding to writing a letter to yourself. Whether you experienced traumatic neglect or excessive control and enmeshment at the hands of your parents, this book will not only help you identify what went wrong for you, it will also provide you with validating, supportive and compassionate ways to reparent yourself." Jonice Webb, PhD Bestselling author of *Running On Empty: Overcome Your Childhood Emotional Neglect* and *Running On Empty No More: Transform Your Relationships*. "Jan's book is a precious guide to untangling the complications and difficulties many of us have in our adult lives, arising from traumatic childhoods. Read it, underline it, take it with you on your personal journey. This book will bring you home." Nick Morgan. President of Public Words, Inc, a communications consulting company, and author of *Can You Hear Me? How to Communicate with People in a Virtual World*. "The devastating consequences of childhood trauma for the individual, families, and society at large are far-reaching, and cannot be overestimated. Jan Bergstrom's new work builds beautifully on Pia Melody's Post Induction Therapy model, offering hope and a detailed path forward for healing childhood wounds and living an authentic and empowered life." Vicki Tidwell Palmer Author of *Moving Beyond Betrayal: The 5-Step Boundary Solution for Partners of Sex Addicts*

Acute trauma and addictive disorders are often a result of psycho-

logical injuries experienced as a child while typically producing long-term and harmful generational consequences on loved ones and other family members. Claudia Black presents a portrait of a broken family system, exploring how addiction and trauma develop in families, their damaging repetition, and offers a roadmap for healing.

*Codependence: The Dance of Wounded Souls* has been called "one of the truly transformational works of our time" - and its author Robert Burney referred to as "a metaphysical Stephen Hawking." A therapist and Spiritual Teacher whose work has been compared to John Bradshaw's "except much more spiritual" and described as "taking inner child healing to a new level" - Robert postulates in his book that Codependence (i.e. outer or external dependence) has been the Human Condition. He believes that we have now entered a new Age of Healing and Joy in which it is possible to heal the planet through healing our relationships with self. The author combines Twelve Step Recovery Principles, Metaphysical Truth, and Native American Spirituality with quantum physics and molecular biology in presenting his belief that we are all connected, we are all extensions of the Divine, and that ultimately Love is our True essence. He considers spirituality to be a word that describes one's relationship with life - and anyone (who is not completely closed minded) can apply the approach he shares in this book to help them transform their experience of life into an easier, more Loving and enjoyable journey.

Stop engaging in relationship patterns that sabotage happiness and self-respect

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.

This "little green book," as it has come to be known to hundreds of thousands of C.O.A.'s and A.C.O.A.'s, is meant to help the reader understand the roles children in alcoholic families adopt, the problems they face in adulthood as a result, and what they can do to break the pattern of destruction.

Large Print.

In her first book in over 10 years, Pia Mellody—author of the groundbreaking bestsellers *Facing Codependence* and *Facing Love Addiction*—shares her profound wisdom on what it takes to sustain true intimacy and trusting love in our most vital relationships. Drawing on more than 20 years' experience as a counsellor at the renowned Meadows Treatment Centre in Arizona, Mellody now shares what she has learned about why intimate relationships falter—and what makes them work. Using the most up-to--

date research and real-life examples, including her own compelling personal journey, Mellody provides readers with profoundly insightful and practical ground rules for relationships that achieve and maintain joyous intimacy. This invaluable resource helps diagnose the causes of faulty relationships—many of them rooted in childhood—and provides tools for readers to heal themselves, enabling them to establish and maintain healthy relationships.

"Co-dependency" is the denial or repression of the real self. It is based on the wrong belief that love, acceptance, security, success, closeness and salvation are all dependent upon one's ability to do "the right thing." In the process, the co-dependent denies who he really is. Once addicted, the codependent becomes blind to the reality of his own behavior and to his own self-worth. A witty and well-told story, *Lost In The Shuffle* is written for those who seek to find themselves and break free of their troubled past and their present addiction to the rules the do-dependent lives by. Robert Subby presents new insights in an earthy, honest manner and shares the process of recovery with all who have been lost in the shuffle.

*Journey to the Heart* by New York Times bestselling author of *Codependent No More*, *Beyond Codependency*, and *Lessons of Love*, contains 365 insightful daily meditations that inspire readers to unlock their personal creativity and discover their divine purposes in life. "Melody Beattie gives you the tools to discover the magnificence and splendor of your being." -Deepak Chopra, author of *Jesus and Buddha*

It's no surprise that our culture is addicted to "love." The sappy love songs, the enticing ads for romantic getaways and the desire

to be cherished by a special someone will never lose their appeal. But for some women, this poses a significant problem. Because of their insatiable desire for love, they will do anything to find it and ultimately land in destructive addictive relationships over and over again causing incredible harm. This newly revised and expanded edition of *Ready to Heal* provides an opportunity for women to break free from painful addictive relationships. Kelly McDaniel provides the reader with the tools they will need to move along the path to living a life where intimacy is possible. Readers have an opportunity to begin to "connect the dots" in their own relationship patterns by following the stories of four brave women. A newly added chapter on "Mother Hunger" explores the role of the mother in infancy and how she ultimately impacts a daughter's ability to have healthy intimate relationships later in life. Break free from the chains of addictive relationships that sabotage happiness and self-respect.

Wherever it goes, *The Taste of New Wine* changes lives, challenges indifference, and creates an exciting sense of spiritual adventure. Its message is a breakthrough for honesty, integrity, and openness in our relations with God and with each other. *The Taste of New Wine* presents a firsthand, revealing, and unforgettable story of spiritual awakening. With unmitigated frankness, Keith Miller shares the turmoil and discoveries he experienced on his personal pilgrimage of faith. His powerful, life-changing message can spark an exciting flame of spiritual renewal within your own heart. With a refreshing absence of religious jargon, *The Taste of New Wine* shows how we can find the way out of the familiar "me-centered" predicament and move toward a

pattern of honesty, integrity and openness in our relationships with God and each other. The author explores the transition from beginning commitment to a fuller and more mature Christ-centered life. *The Taste of New Wine* offers helpful insights on studying the Bible, worship, marriage and ways to live out Jesus' teaching about the Kingdom of God in our relationships and work. Four decades and over two million copies (and translation into 11 languages) later, this contemporary classic still offers a hopeful refreshing direction to its readers. It was included in the book *100 Christian Books that Changed the Century*, by William J. Petersen and Randy Petersen. *The Taste of New Wine* belongs on every Christian's shelf of staying-power favorites, for it is a rich message, with insights that deserve to be enjoyed again, year after year.

Partners affected by sex addiction learn to develop healthy boundaries and make positive changes for themselves and their partners.

More daily inspiration from a fresh, diverse perspective. Insightful reflections reveal surprisingly simple things that can transform lives.

This groundbreaking book, with more than 150,000 copies sold, is back by popular demand. Updated with new data and examples, *Is It Love or Is It Addiction?* helps the reader distinguish between healthy love and destructive relationships. Brenda Schaeffer provides a seven-step plan for breaking free from dysfunctional, codependent patterns.

Robert Bly, renowned poet and author of the ground-breaking bestseller *Iron John*, mingles essay and verse to explore the Shad-

ow -- the dark side of the human personality -- and the importance of confronting it.

An exploration of the Twelve Steps and their unique benefits for Christians.

In her pioneering *Facing Codependence*, Pia Mellody traced the origins of codependence back to childhood and a wide range of emotional, spiritual, intellectual, physical, and sexual abuses. Now in this innovative new workbook, she presents a step-by-step journal-keeping method for moving toward recovery from codependence. Based on such concepts as the "precious child" and the five core symptoms of codependence, along with the Twelve-Step process of recovery used by Codependents Anonymous, *Breaking Free* provides strategies and insights for attacking the fundamental problem in codependence--the lack of dependence on self. In a three-part approach to recovery, Mellody first shows recovering codependents how to move beyond denial of their childhood history of abuse. She then offers techniques to identify concrete ways in which the symptoms of codependence operate in their lives. Finally, Mellody guides users through the process of identifying and recording specific instances of improvement in their lives as an aid to greater self-awareness and further recovery.

Explains how recovery programs work and how to apply the "Twelve Steps" of Alcoholics Anonymous. Offers specific exercises and activities for use by individuals and in group settings.

In Chris Barker's sequel to *Cultural Studies*, the author addresses the strengths and weaknesses of the discipline and investigates its practical and academic boundaries. The author also clarifies

its underlying themes of study.

In a crisis, it's easy to revert to old patterns. Caring for your well-being during the coronavirus pandemic includes maintaining healthy boundaries and saying no to unhealthy relationships. The healing touchstone of millions, this modern classic by one of America's best-loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life. Is someone else's problem your problem? If, like so many others, you've lost sight of your own life in the drama of tending to someone else's, you may be codependent--and you may find yourself in this book--*Codependent No More*. The healing touchstone of millions, this modern classic by one of America's best-loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life. With instructive life stories, personal reflections, exercises, and self-tests, *Codependent No More* is a simple, straightforward, readable map of the perplexing world of codependency--charting the path to freedom and a lifetime of healing, hope, and happiness. Melody Beattie is the author of *Beyond Codependency*, *The Language of Letting Go*, *Stop Being Mean to Yourself*, *The Codependent No More Workbook* and *Playing It by Heart*.

Love addiction manifests in many forms, from Fatal Attraction--type obsessive lust to less extreme but nonetheless psychologically and emotionally harmful forms. The most common of these is staying in a bad relationship because of a fear of being alone--the "I hate you but don't leave me" relationship. In *ADDICTION TO LOVE*, recovering love addict Susan Peabody explains the variety of ways this disorder plays out, from the obsessively dotting love addict to the addict who can't disentangle from an unfulfilling,



dead-end relationship. Peabody provides an in-depth and easy-to-follow recovery program for those suffering from this unhealthy and often dangerous addiction and explains how to create a loving, safe, and fulfilling relationship. • A seminal work on unhealthy and obsessive behaviors in love, and how to change behavior to have a positive relationship. This third edition includes a new introduction and revisions to the text throughout. • Some symptoms of love addiction include love at first sight, excessive fantasizing, abnormal jealousy, nagging, and accepting dishonesty. • Even relationships with parents, children, siblings, or friends may be addictive-dependency is not always related to romantic love. • Previous editions have sold more than 40,000 copies. "Love addiction is a three-headed serpent that Susan Peabody adeptly slays. This is the quintessential book for any love addict or counselor needing to fully understand this highly prevalent and complex disorder. Susan detects and dissects aspects of this condition not comprehended in other books of its kind. Recovery is possible. This book makes it possible to take the succinct steps necessary toward a loving and reciprocal long-term intimate relationship." —Sudi Scull, M.F.T., C.N., psychotherapist and nutritionist

In simple, straightforward terms, Beattie takes you into the territory beyond codependency, into the realm of recovery and relapse, family-of-origin work and relationships, surrender and spirituality. You're learning to let go, to live your life free of the grip of someone else's problems. And yet you find you've just started on the long journey of recovery. Let Melody Beattie, author of the classic *Codependent No More*, help you along your way. A guided tour past the pitfalls of recovery, *Beyond Codependency* is dedicated

to those struggling to master the art of self-care. It is a book about what to do once the pain has stopped and you've begun to suspect that you have a life to live. It is about what happens next. In simple, straightforward terms, Beattie takes you into the territory beyond codependency, into the realm of recovery and relapse, family-of-origin work and relationships, surrender and spirituality. With personal stories, hard-won insights, and activities, her book teaches the lessons of dealing with shame, growing in self-esteem, overcoming deprivation, and getting past fatal attractions long enough to find relationships that work.

This highly anticipated workbook will help readers put the principles from Melody Beattie's international best seller *Codependent No More* into action in their own lives. The *Codependent No More Workbook* was designed for Melody Beattie fans spanning the generations, as well as for those who may not yet even understand the meaning and impact of their codependency. In this accessible and engaging workbook, Beattie uses her trademark down-to-earth style to offer readers a Twelve Step, interactive program to stop obsessing about others by developing the insight, strength, and resilience to start taking care of themselves. Through hands-on guided journaling, exercises, and self-tests, readers will learn to integrate the time-tested concepts outlined in *Codependent No More* into their daily lives by setting and enforcing healthy limits; developing a support system through healthy relationships with others and a higher power; experiencing genuine love and forgiveness; and letting go and detaching from others' harmful behaviors. Whether fixated on a loved one with depression, an addiction, an eating disorder, or other self-de-

structive behaviors, or someone who makes unhealthy decisions, this book offers the practical means to plot a comprehensive, personalized path to hope, healing, and the freedom to be your own best self.

Presents a self-help guide for overcoming post-traumatic stress disorder and codependency, outlining a twelve-step program focused on promoting healing and the development of independence and self-reliance.

An analysis of the roots of violence examines the impact of traditional child rearing practices on human violence in adulthood.

"What happened to the passion we started with? Why aren't we as close as we used to be?" PROBLEM: If you are a woman who is unfulfilled in your marriage...if you feel unheard or overburdened...if you quietly live in a state of slow-burn resentment... PROBLEM: If you are a man unhappy that your partner seems so unhappy with you...if you feel bewildered, unappreciated, or betrayed... This book offers a solution Bestselling author and nationally renowned therapist Terrence Real unearths the causes of communication blocks between men and women in this groundbreaking work. Relationships are in trouble; the demand for intimacy today must be met with new skills, and Real -- drawing on his pioneering work on male depression -- gives both men and women those skills, empowering women and connecting men, radically reversing the attitudes and emotional stumbling blocks of the patriarchal culture in which we were raised. Filled with powerful stories of the couples Real treats, no other relationship book is as straight talking or compelling in its innovative approach to healing wounds and reconnecting partners with a new strength and understanding.

Let go of unhealthy relationships with the book that more than 850K people have trusted. Best-selling doctors, Hemfelt, Minirth, and Meier, walk you through their ten proven stages to recovery from codependency that results from external circumstances. Humans are susceptible to codependency because of our sinful tendency to use defense mechanisms to fool ourselves. In codependent relationships, deceitful games are played, and important Christian principles are often taken out of context and abused. God wants us to have healthy relationships with a balance between being dependent and independent. The doctors describe how the most effective means of overcoming codependent relationships is to establish or deepen a relationship with Christ Himself. They describe the causes of codependency, pointing out the factors that perpetuate it, and lead readers through their ten stages of recovery. Continue a deeper study with the Love Is a Choice workbook, available separately.

Pia Mellody creates a framework for identifying codependent thinking, emotions and behaviour and provides an effective approach to recovery. Mellody sets forth five primary adult symptoms of this crippling condition, then traces their origin to emotional, spiritual, intellectual, physical and sexual abuses that occur in childhood. Central to Mellody's approach is the concept that the codependent adult's injured inner child needs healing. Recovery from codependence, therefore, involves clearing up the toxic emotions left over from these painful childhood experiences.

"Prodependence," a new psychological term created by Robert Weiss to describe healthy interdependence in the modern world, turns this around. Rather than preaching detachment and distance over continued bonding and assistance, as so many thera-



pists, self-help books, and 12-step groups currently do, prodependence celebrates the human need for and pursuit of intimate connection, viewing this as a positive force for change. Simply stated, prodependence occurs when attachment relationships are mutually beneficial—with one person's strengths filling in the weak points of the other, and vice versa. And this can occur even when an addiction is present

The author of the bestselling *Facing Codependence* unravels the intricate dynamics of toxic love relationships and shows us how to let go of toxic love. In this revised and updated edition of *Facing Love Addiction*, internationally recognized dependence and addiction authority Pia Melody clearly outlines the debilitating 'toxic' patterns played out by love addicts and the unresponsive love avoidants to whom they are painfully and repeatedly drawn.

Partners experience dire consequences as a result of being in a relationship with someone suffering from compulsive sexual behavior. Their emotional well-being requires developing new skill sets for self-care and self-protection as they confront the difficult and painful process of discovery, disclosure, and beyond. In other words—they need boundaries. This is the first book specifically for partners affected by addictive behavior that addresses, in detail, how to identify, create, and maintain boundaries as a vital component of self-care and an indispensable tool for healing and growth. *Moving Beyond Betrayal* guides partners to define the current problem(s); identify needs that aren't being met; find where they have the power to effect change; take action; and evaluate the results to determine if their goal has been accomplished. The author examines all aspects of effective boundary work, including

what to do when boundaries are violated. Through working the 5-Step Boundary Solution partners will: Gain clarity Reduce the chaos inherent in relationships impacted by sex addiction Feel more empowered and in control of their lives Discover whether or not their relationship with the addict is salvageable Vicki Tidwell Palmer is a Licensed Clinical Social Worker (LCSW), Certified Sex Addiction Therapist (CSAT), and Somatic Experiencing Practitioner (SEP) in private practice in Houston, Texas. She is the author of the blog for partners *Survival Strategies for Partners of Sex Addicts*.

Written for those of us who struggle with codependency, these daily meditations offer growth and renewal, and remind us that the best thing we can do is take responsibility for our own self-care. Melody Beattie integrates her own life experiences and fundamental recovery reflections in this unique daily meditation book written especially for those of us who struggle with the issue of codependency. Problems are made to be solved, Melody reminds us, and the best thing we can do is take responsibility for our own pain and self-care. In this daily inspirational book, Melody provides us with a thought to guide us through the day and she encourages us to remember that each day is an opportunity for growth and renewal.

In the 1980's, Janet Woititz broke new ground in our understanding of what it is to be an Adult Child of an Alcoholic. In this updated edition of her bestseller she re-examines the movement and its inclusion of Adult Children from various dysfunctional family backgrounds who share the same characteristics. After decades of working with ACoAs she shares the recovery hints that she has found to work. Read *Adult Children of Alcoholics* to see where the

journey began and for ideas on where to go from here.

A brilliant new guide to understanding the origins of codependence and the path to recovery by a nationally recognized authority on dependency and addiction. In this fresh new look at codependence, Pia Melody traces the origins of this illness back to childhood, describing a whole range of emotional, spiritual, intellectual, physical, and sexual abuses. Because of these earlier experiences, codependent adults often lack the skills necessary to lead mature lives and have satisfying relationships. Recovery from codependence comes from clearing up the toxic feelings left

over from childhood and learning to reparent oneself by intervening on the adult symptoms of codependence. Central to Melody's concept is the idea of the "precious child" that needs healing within each adult. She creates a framework for identifying codependent behavior and describes an effective approach to recovery that includes both therapy and self-help processes. Designed to be used with her new workbook for codependents, *Breaking Free*, this is a powerful tool for understanding the nature of codependence.