

# Codependency

David Stafford



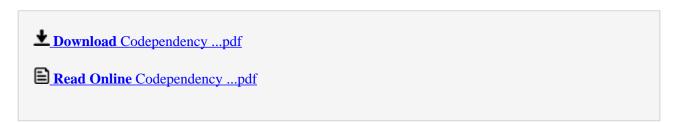
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Co-dependency is a common condition in which people are alienated from their self and deny their genuine emotions. They depend on others for their sense of self-worth and self-esteem. The authors aim to enable the reader to recognise and understand the co-dependency syndrome, and learn how to break free from it and find a more positive way of life.



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