



Is That the Reason I Try to Take Care of people too much and cannot say No?: Learn What Codependency Is and How to Treat it

Jef Gazley

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Are the feelings of others more important than your own? Do you tend to suppress your feelings? Do you place the unhealthy needs of your alcoholic teen or spouse before your own? Are you an enabler? When is help really help? You may be subject to the tendency of codependency. This informative mental health book gives insight to the symptoms and origins of codependency and allows you to develop healthy relationships. Let this educational book be your first step toward better health and wellness!

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