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Facing Codependence What It Is

Facing Codependence helps better to understand, what child
abuse is, how the child's brain and therefore its behaviour
changes, when it has experienced abuse, how it influences
them still during their adult life and also, how it could be
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Codependency is a survival mechanism so studying childhood trauma in scientific research and learning the ways about how we cope with it has given me more answers. I respect her journey but it doesn't shed a light on mine, every one's journey is different.

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"Codependency" is a term used to describe a relationship in which, by being caring, highly functional, and helpful, one person is said to support, perpetuate, or "enable" a loved one's ...

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Facing Codependence by Mellody, Pia (ebook)

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