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Codependents' Guide to the Twelve Steps - Melody Beattie

Codependents' guide to the twelve steps by Beattie, Melody. Publication date 1992 Topics Codependency, Substance abuse, Alcoholism, Self-care, Health, Alcoholism, Family, Self Care, Substance-Related Disorders Publisher New York : Simon & Schuster Collection

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The Twelve Steps of Co-Dependents Anonymous. 1. We admitted we were powerless over others - that our lives had become unmanageable. 2. Came to believe that a power greater than ourselves could restore us to sanity. 3. Made a decision to turn our will and lives over to the care of God as we understood God. 4.

The Twelve Steps of Co-Dependents Anonymous

Provides a detailed explanation of the Twelve-Step program designed by Alcoholics Anonymous, accompanied by advice on how to apply the program to codependent issues and cross-addiction Pocket Guide to the 12 Steps Kathleen S. — 2011-11-16 Self-Help

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CoDA-Tulsa -Melody Beattie "Codependents Guide to the 12 Steps". STEP 12 -Exercise 2. Having had a spiritual awakening as a result of these steps, we tried to carry this message to other codependents and to practice these principles in all our affairs...". 2.

CoDA Beattie 12 steps - Step 1 exercises

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Codependents' guide to the twelve steps 1st ed. This edition published in 1990 by Prentice-Hall/Parkside Recovery Book in New York.

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