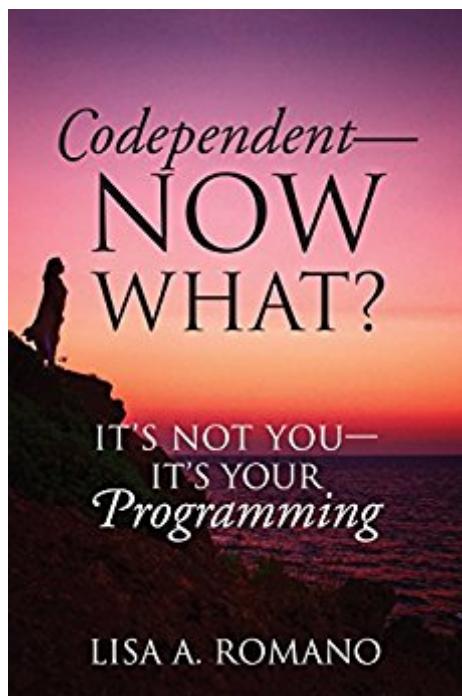


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# Codependent - Now What?: Its Not You - Its Your Programming



## **Synopsis**

There are perhaps innumerable books on the market today explaining how a person might become codependent. The problem is, knowing why you may be codependent does nothing to help you recover from being a codependent, which is why I wrote this book. About fifteen years ago, when my life shattered around me I was dumbfounded after being diagnosed with clinical depression and told that my diagnosis was the result of being in a codependent marriage. I was just as shocked to learn that because I was raised by unrecovered adult children of alcoholics, I had essentially been programmed to think in a codependent way. With nowhere else to turn, I decided to learn all I could about adult children of alcoholics, as well as adult children of narcissistic parents in an attempt to help me understand the way my mind processed information and why. What I discovered changed my life, and in fact gave birth to the life I was meant to live. Today I am a passionate self help author and Breakthrough Life Coach who is an expert in the field of codependent recovery. Over the last fifteen years I have collected information based on my professional as well as personal experiences that have allowed me to understand what it takes to heal the codependent mind, and to liberate ones self from the web codependency truly is. 'Codependent--Now What?, Its Not You Its Your Programming' is nothing short of a codependency manifesto. In it you will not only learn deep insights about the true causes of the codependent mindset, but you will also be given the tools you need to heal your childhood programming once and for all. When I was new to codependent recovery, I kept asking myself, "Why can't I find a book that explains how I can heal from this?" As a Life Coach I have heard countless clients ask me for tools to help them heal. This book is not only what I was asking for so many years ago, but it is what most people are in need of once they too discover that the root of so many of their ongoing troubling interpersonal issues is related to codependency.

## **Book Information**

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## **Customer Reviews**

I have read all of Lisa A Romano's books to date. I love her style of writing because it is as if she is talking directly to me as I read the words off the page. I highly recommend her work, her YouTube Channel is amazing! Her teachings are phenomenal and she has helped me to see that I too am more than enough! If you ever feel unseen, unheard, and dismissed in life than her work is for you! As children growing up in the 60s and 70s the motto was that children are to be seen and not heard and unfortunately many of us came from homes like that and we didn't receive the sincere validation that has human beings is so vitally important for our development as kids. Lisa walks you through her journey, through the muck and the mire and then she takes you on a journey of recovery. It is not an easy one but it is certainly a powerful one! Thank you, Lisa, for all that you do! In love and light! Kelly

If you are looking for answers to issues that have plagued you your entire life then this is the book for you. I found it to be very enlightening, interesting, informative and most importantly helpful.

Lisa A Romano is without a doubt the top expert on this field, from her personal and professional experience. For someone who NEVER KNEW about codependency, Lisas work was a life changer in so many ways.

This is easily and undoubtedly one of the most profoundly life-changing books I have ever read. I found myself moved to tears a few times while reading this, and getting to know myself, healing my own inner child, as I did the exercises in this book. This is not a book to just read once and move on. It's one to read through. Go back and read again, and do the exercises - it really is like a

workbook. I've read dozens of self-help, spiritual, and psychological healing books in my time. I'm even the author of one of them. No other book that I have read has come close to offering the healing that this one does, and I don't say that lightly. This is my go-to book. I feel so grateful for Lisa Romano and the work she does. Thank you, Lisa, for being you, for all you do, for making such a huge difference in the world, and for me, personally.

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