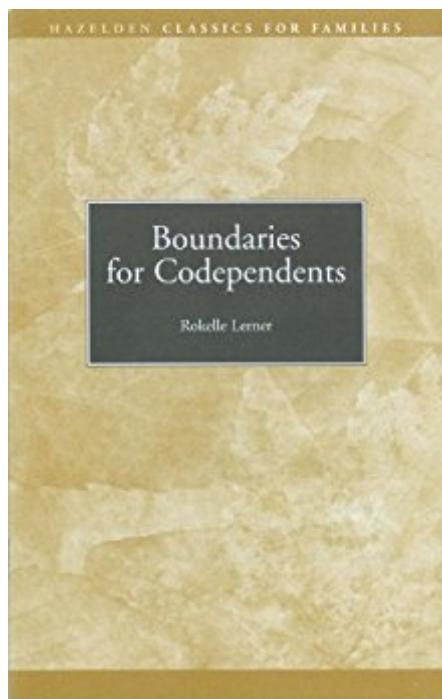


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# Boundaries For Codependents: Hazelden Classics For Families



## **Synopsis**

So much of recovery from codependence has to do with figuring out where we stop and another person begins. Growing up in an alcoholic or dysfunctional family often prevents us from creating healthy physical, emotional, intellectual, and spiritual boundaries. This pamphlet offers meaningful insight on how to build healthy boundaries.

## **Book Information**

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## **Customer Reviews**

If your family of origin didn't teach you much in the way of setting boundaries, this is a fantastic book to read! After complaining to my therapist I was having difficulty finding a book with this type of basic info in it, she redirected me to this book.

An overview on what boundaries are, here are some very good, practical examples. It appears to be meant as a kick-starter for knowing your boundaries or at least some practical boundaries to begin practicing with until you have completed the step work to reveal exactly what your personal boundaries are. It is not a replacement for doing the step work, in my opinion. I was expecting an

exclusive and exhaustive lengthy book on what they are, and how to apply them, I was mistaken, this is more of a pamphlet on them.

If anybody is doing any twelve-step study work, this is essential reading. Personally, this small book has had enormous impact many years ago when first released. The material deserves this new presentation. Members of ACA and AA and Al-Anon and any other of the similar fellowships will enhance their recovery primarily because this simple and clear and well presented information is NOT known especially among newcomers.

Excellent resource for people in recovery. Clearly outlines boundaries and makes sense of the stages of this wonderful phase we call life. I highly recommend, and not for just people in recovery, but for everyone!

Rochelle might as well be an expert on codependency, and I know that's a bold statement, but if you are a victim of any type of abuse or narcissistic parenting as a child, you must read this book. It's a fairly quick read, about 35-40 minutes, but I feel as if I got so much more out of it than I was expecting. I could relate so much to this book -- I'm going to recommend it!

Nobody wanted or was willing to explain the reality of my childhood. Dysfunctional childhoods had gone on for generations without anybody talking about the wrongness of it all. Even when people went to seek help and work on their recovery they did it alone, never talking, explaining or encouraging the younger family members how to live healthier lives. I'm not crazy!!! My life circumstances that were happening around me were and still are crazy in the dysfunction of it all. No one can live through total dysfunction and all that comes with it without help. I know that now. I can't change the hurts that happened or the hurt that lingers, but I can change what I will do about it going forward. I know I can and it is O.K./GOOD to get help! The bottom line, it's THE ONLY WAY TO LIVE HEALTHY! Let them stay if that's where they choose to be. I choose NO, NOT ANYMORE!

You can not see what you are not aware of. Get your senses awaken to see and recognise the elephant in the room.

This pamphlet is a great start to learning how to set boundaries. Although it refers to AA families, the principles are sound for any dysfunctional family or coworker who have a 'no boundaries'

system.

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