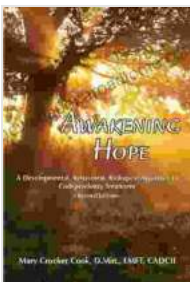


Awakening Hope: A Developmental, Behavioral, and Biological Approach to Codependency

Codependency is a complex and misunderstood condition that can have a devastating impact on individuals, families, and communities. In the past, codependency has been viewed as a psychological disorder, but recent research has shown that it is a biopsychosocial condition that is influenced by a combination of developmental, behavioral, and biological factors.



Awakening Hope. A Developmental, Behavioral, Biological Approach to Codependency Treatment.

by Mary Crocker Cook

★★★★☆ 4.9 out of 5

Language : English
File size : 1854 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 247 pages
Lending : Enabled



Awakening Hope is a groundbreaking book that offers a new understanding of codependency and provides a comprehensive approach to recovery. This book is essential reading for anyone struggling with codependency or for those who want to help others who are struggling.

The book is divided into three parts. The first part provides an overview of codependency, including its symptoms, causes, and consequences. The second part presents a developmental, behavioral, and biological model of codependency. This model provides a comprehensive understanding of the condition and how it develops and progresses.

The third part of the book provides a comprehensive approach to recovery. This approach includes individual therapy, group therapy, and family therapy. The book also provides a number of self-help exercises and resources that can be used to promote recovery.

Awakening Hope is a valuable resource for anyone who is struggling with codependency. This book provides a comprehensive understanding of the condition and offers a practical approach to recovery.

Praise for *Awakening Hope*

"*Awakening Hope* is a must-read for anyone who is struggling with codependency. This book provides a comprehensive understanding of the condition and offers a practical approach to recovery." - **Dr. Patrick Carnes, author of *Out of the Shadows: Understanding Sexual Addiction***

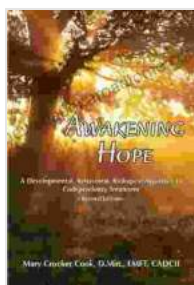
"*Awakening Hope* is a groundbreaking book that offers a new understanding of codependency. This book is essential reading for anyone who wants to help others who are struggling with this condition." - **Dr. Susan Johnson, author of *Hold Me Tight: Seven Conversations for a Lifetime of Love***

About the Author

Pia Mellody is a licensed clinical social worker and addiction specialist. She is the founder of the Meadows Institute, a world-renowned treatment center for addiction and codependency. Pia is the author of several books on addiction and codependency, including *Facing Codependence* and *The Intimacy Factor*.

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