



# Dissolving Co-Dependency

*Dr. Paula Horan, Brigitte Ziegler*

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## **Dissolving Co-Dependency** Dr. Paula Horan, Brigitte Ziegler

Co-dependency is one of the most talked about enigmas of our time. It evokes a full spectrum of responses in each of us according to disposition. Most people either acknowledge or deny the extent of their participation in dysfunctional families, addictive behavior, and the unhealthy clinging to old outmoded relationships.

Dissolving Co-dependency gives a very in-depth background to the real workings of the human mind. Each chapter is followed by a simple exercise to help the reader assimilate each area of understanding. You are also led step by step to a deeper grasp of your own personal idiosyncrasies which are keeping you stuck in robotic behavior patterns.

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