



# **How to Break Free of the Codependency Cycle: A Step-by-Step Guide (Inspirational Self-Enrichment Series) (Volume 1)**

*Nicoladie Tam*

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## **How to Break Free of the Codependency Cycle: A Step-by-Step Guide (Inspirational Self-Enrichment Series) (Volume 1)** Nicoladie Tam

How to Break Free of the Codependency Cycle: A Step-by-Step Guide is a part of the Inspirational Self-Enrichment Series authored by Nicoladie Tam, Ph. D. on self-improvement and self-enrichment for living a healthy lifestyle while in the pursuit of happiness. This book provides step-by-step instructions to guide the readers through the process to understand what codependency is and how to break free of this dysfunctional behavioral pattern. Once this unhealthy lifestyle is changed into a healthy lifestyle, it will provide you with the tools and inspirations needed to share rewarding life experiences with those you truly love instead of dragging each other down. This book starts with introducing the diagnosis and symptoms of codependency. It introduces the readers to what codependency is all about in a nutshell, then it goes into describing the details of codependency — from what it really is, why it happens, and how to get out of the self-defeating relationship patterns. It explains the causes of codependency, and the issues associated with codependency. It also explains the differences between codependency, counter-dependency and interdependency, so that the readers can understand how to establish healthy relationships. The book is written in layman's terms, in a conversational style, so that the readers will be able to relate to the relationship dynamics personally. It explains the theories and practices of codependency. It guides the readers through the process of recovery by explaining how to break free of the relationship dependency. It is also written with a sense of humor to enlighten the spirit of the readers. It uses cognitive therapy to empower the readers, and provides inspiration for the readers to take steps to establish healthier relationships. This book is written in a self-explanatory format so that the readers can figure out how codependency is developed and what codependency is all about at their own pace. It is written in question-and-answer format, so that all the pressing questions can be answered immediately. The readers can move on to the next step, once the immediate questions are answered. It is like a personal coaching session that energizes the readers to do something immediately once the light bulb is turned on by the inspiration. This motivates the readers to make changes in their lives once they have discovered what it is they can do to improve their relationships. By using this modular-learning format, the readers can read the book incrementally without any loss of continuity. Making these steps one-day-at-a-time, one-step-at-a-time so that the newfound knowledge may be integrated into real life, and then taken into action to achieve better life goals, can make progress. Making that progress is therapeutic, healing, energizing and empowering.

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