

# Am I Codependent? And What Do I Do About It?

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## Synopsis

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**Do you have low self-esteem and suspect it may be related to your current relationship?**

Do you have trouble drawing boundaries with your partner and find yourself being walked all over?

Do you try to take control of the situation by attempting to control your partner or loved oneâ€™s behavior, but usually fail in doing so? Do you often find yourself in dysfunctional relationships and unable to leave? Have you heard the term "codependency" but arenâ€™t sure what it means?

This audiobook will provide you with the answers you are looking for, starting by clearly tracking down and defining the often elusive term "codependent".

Inside, you will discover:

- The difference between codependency and dependent personality disorder
- 10 critical warning signs that you have codependency
- How codependency can exist without substance abuse
- Secret childhood contributors to codependency
- The one true root cause of codependent behavior
- How codependency and abuse go hand in hand
- Why codependents become controlling
- How narcissism and codependency are related
- Proven solutions to codependency and the life afterward

**If youâ€™re curious about your own behavior and suspect that codependency may be a cause of your unhappiness, don't wait to explore this audiobook to uncover the truth about yourself!**

## Reader's comments

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