

Co-Dependency, Counter-Dependency and Boundaries

Co-Dependency

1. *Breaking Free of the Co-Dependency Trap*
Barry K. Weinhold Ph.D. and Janae B. Weinhold Ph.D.; 2010
2. *Codependent No More: How to Stop Controlling Others and Start Caring for Yourself*
Melody Beattie; 2006
3. *Codependent No More Handbook: Exercises for Learning To Stop Controlling Others*
Melody Beattie; 2011
4. *Codependent No More & Beyond Codependency*
Melody Beattie; 2001
5. *Beyond Codependency: And Getting Better All the Time*
Melody Beattie; 1989
6. *The Language of Letting Go: 366 New Daily Meditations*
Melody Beattie; 2009
7. *I Need Your Love - Is That True?*
Byron Katie; 2006
8. *Facing Love Addiction: Giving Yourself the Power to Change the Way You Love*
Pia Mellody and Andrea Wells Miller; 2003
9. *Facing Codependence: What It Is, Where It Comes from, How It Sabotages Our Lives*
Pia Mellody and Andrea Wells Miller; 2003
10. *Breaking Free: A Recovery Handbook for Facing Codependence*
Pia Mellody; 1989
11. *The Codependency Recovery Plan: A 5-Step Guide to Understand, Accept, and Break Free from the Codependent Cycle*
Krystal Mazzola; 2019
12. *The Intimacy Factor: The Ground Rules for Overcoming the Obstacles to Truth, Respect, and Lasting Love*
Pia Mellody and Lawrence S. Freundlich; 2004
13. *How to Break Your Addiction to a Person: When-and Why- Love Doesn't Work*
Howard M. Halpern; 2003

14. *When **Food** Is Love: Exploring the Relationship Between Eating and Intimacy*
Geneen Roth; 1992
15. *How to Stop Codependency And Set Boundaries: A Quick Guide to Break Free from The Co-dependent Cycle*
Bob Scott; 2019

Counter-Dependency

1. *The Flight from Intimacy: Healing Your Relationship of Counter-dependence - The Other Side of Co-dependency*
Janae B. Weinhold and Barry K. Weinhold; 2008
2. *Hiding from Love: How to Change the Withdrawal Patterns That Isolate and Imprison You*
John Sims Townsend; 1996
3. *How to Have That Difficult Conversation You've Been Avoiding: With Your Spouse, Adult Child, Boss, Coworker, Best Friend, Parent, or Someone You're Dating*
Henry Cloud and John Townsend; 2005

Boundaries

4. *How to Stop Codependency And Set Boundaries: A Quick Guide to Break Free from The Co-dependent Cycle*
Bob Scott; 2019
5. *Boundaries – How To Set Them How To Keep Them*
June Hunt; 2018
6. *Where to Draw the Line: How to Set Healthy Boundaries Every Day*
Anne Katherine; 2012
7. *Boundaries Where You End And I Begin: How To Recognize And Set Healthy Boundaries*
Anne Katherine; 1994
8. *Boundaries Updated and Expanded Edition: When to Say Yes, How to Say No To Take Control of Your Life*
Henry Cloud and John Townsend; 2017
9. *Boundaries Workbook: When to Say Yes, How to Say No to Take Control of Your Life*
Henry Cloud and John Townsend; 2018

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