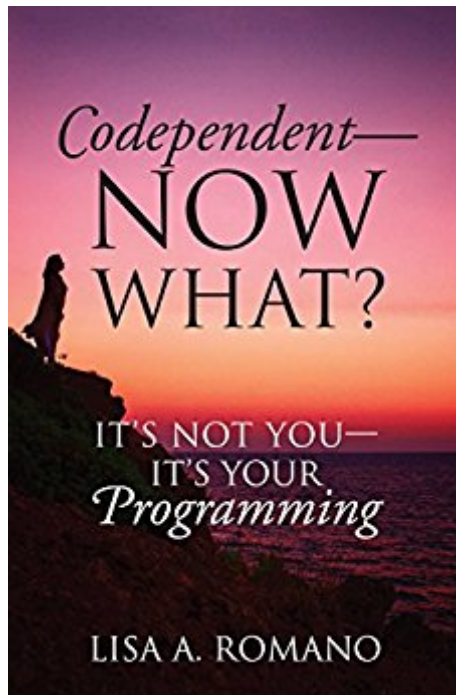




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# Codependent - Now What?: Its Not You - Its Your Programming



## Synopsis

There are perhaps innumerable books on the market today explaining how a person might become codependent. The problem is, knowing why you may be codependent does nothing to help you recover from being a codependent, which is why I wrote this book. About fifteen years ago, when my life shattered around me I was dumbfounded after being diagnosed with clinical depression and told that my diagnosis was the result of being in a codependent marriage. I was just as shocked to learn that because I was raised by unrecovered adult children of alcoholics, I had essentially been programmed to think in a codependent way. With nowhere else to turn, I decided to learn all I could about adult children of alcoholics, as well as adult children of narcissistic parents in an attempt to help me understand the way my mind processed information and why. What I discovered changed my life, and in fact gave birth to the life I was meant to live. Today I am a passionate self help author and Breakthrough Life Coach who is an expert in the field of codependent recovery. Over the last fifteen years I have collected information based on my professional as well as personal experiences that have allowed me to understand what it takes to heal the codependent mind, and to liberate ones self from the web codependency truly is. 'Codependent--Now What?, Its Not Your Its Your Programming' is nothing short of a codependency manifesto. In it you will not only learn deep insights about the true causes of the codependent mindset, but you will also be given the tools you need to heal your childhood programming once and for all. When I was new to codependent recovery, I kept asking myself, "Why can't I find a book that explains how I can heal from this?" As a Life Coach I have heard countless clients ask me for tools to help them heal. This book is not only what I was asking for so many years ago, but it is what most people are in need of once they too discover that the root of so many of their ongoing troubling interpersonal issues is related to codependency.

## Book Information

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## Customer Reviews

This brilliant book is for anyone and everyone who has ever asked themselves why is my life not exactly how I imagined it even though I am a good person and hard worker. And for those who haven't asked that question, this book is the best in helping move away the cobwebs of the mind that prevent us from having true clarity and ownership of our true, authentic selves. Not whooooeeoooo spooky spiritual, Lisa A Romano has compiled 20 plus years of her own experience and has outlined a program that allows us to fearlessly face ourselves in order to become the best we can be. This book is for everyone. It's the best investment I've made in myself in a long, long time. I highly recommend this book.

Lisa is a true master. This book is liberating, inspiring, and aspirational. If you are a codependent or wondering what it is, read this book. Prepare to undo the lies that you have taken for granted as truth. Lisa's writing ability and expertise have increased extraordinarily since her first book (I have read all of them), and it only further captivates the reader. Whether you are on her YouTube page, watching a live video, or reading a book, you sense a deep connection to her. And not only that, but Lisa doesn't fancy herself a "guru" - she exhibits truly humility that we are all equal and have equal ability to heal, connect, and share love and light with the world. Thank you, thank you, thank, you Lisa. My only hope is that her coaching sessions will be discounted for students.

I love Lisa's work, if you haven't seen her Vblog on you tube, if you can't afford therapy, I highly recommend it! It has changed my life! It is still changing my life! Lisa has a very empathetic and personable way of communicating to her audience, but her greatest gift is showing you exactly how

to overcome the obstacles of your programming. She not only explains to you how your mind works against you, but gives you tools that address all the symptoms of co-dependency. Best of all she has done her own recovery work. She knows what she is talking about, not as distant observer but as a survivor of her own childhood programming. She has given me a lot of hope in very dark times, and I can't wait to see how much more I will learn from her. It will take time and dedication to sit down and do some of the exercises she suggests. But they are well worth it, if you believe you are well worth it. It's all about getting to know yourself, coming to terms with your past and having a vision for your future. Thank you Lisa!

This book is the equivalent of going into my head and unscrewing and taking all the things I have desperately tried to get my fiancé (who comes from a relatively healthy family) to understand - and then putting them both on the table and saying how to get over them. Even the language I have used in trying to combat dysfunctional behavior is in this book - Like desperately wanting to be "seen." And not living in the present, because of this one. I have read a lot of books, I have gone to a lot of, and have tried a lot of therapist, by far this is one of the best resources I have come across. The commandments are worth the price alone.

I have read all of Lisa A Romano's books to date. I love her style of writing because it is as if she is talking directly to me as I read the words off the page. I highly recommend her work, her YouTube Channel is amazing! Her teachings are phenomenal and she has helped me to see that I too am more than enough! If you ever feel unseen, unheard, and dismissed in life then her work is for you! As children growing up in the 60s and 70s the motto was that children are to be seen and not heard and unfortunately many of us came from homes like that and we didn't receive the sincere validation that human beings is so vitally important for our development as kids. Lisa walks you through her journey, through the muck and the mire and then she takes you on a journey of recovery. It is not an easy one but it is certainly a powerful one! Thank you, Lisa, for all that you do! In love and light! Kelly

This is easily and undoubtedly one of the most profoundly life-changing books I have ever read. I found myself moved to tears a few times while reading this, and getting to know myself, healing my own inner child, as I did the exercises in this book. This is not a book to just read once and move on. It's one to read through. Go back and read again, and do the exercises - it really is like a workbook. I've read dozens of self-help, spiritual, and psychological healing books in my time. I'm

even the author of one of them. No other book that I have read has come close to offering the healing that this one does, and I don't say that lightly. This is my go-to book. I feel so grateful for Lisa Romano and the work she does. Thank you, Lisa, for being you, for all you do, for making such a huge difference in the world, and for me, personally.

I found this book very easy to read and helpful. I would recommend this book to anyone who wants to know more about codependent behavior.

Such a wonderful author!! Lisa A Romano writes for the everyday reader that needs to find peace inside. This book is inspiring, & helpful.

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