CONTENTS

Introduction	1
PART I: WHAT'S CODEPENDENCY, AND WHO'S GOT IT? 1. Jessica's Story 2. Other Stories 3. Codependency 4. Codependent Characteristics	11 17 27 35
PART II: THE BASICS OF SELF-CARE 5. Detachment 6. Don't Be Blown About by Every Wind 7. Set Yourself Free	51 61 69
8. Remove the Victim 9. Undependence	77 89
10. Live Your Own Life11. Have a Love Affair With Yourself	103 109
12. Learn the Art of Acceptance13. Feel Your Own Feelings	117 129
14. Anger 15. Yes, You Can Think	139 149
16. Set Your Own Goals17. Communication	155 161
18. Work a Twelve Step Program19. Pieces and Bits	169 191
20. Learning to Live and Love Again Epilogue	209 215
Notes Bibliography	217 225