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- [The Politics of Latin American Development](#) (Second Edition) (used trpb) - \$5.00
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- [Betrayal: The Hitler-Stalin Pact of 1939](#) (used hc) - \$7.50
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## Book Catalog

# Domestic Abuse and Codependency

### Self-Help Books

Sections Below: [Cults and Ritual Abuse](#)

**14 titles below** (\$3.00 to \$14.95) including (in alphabetical order): [Beyond Condependency](#) \* [Captive Hearts, Captive Minds](#) \* [Celibate Wives](#) \* [Codependent No More](#) \* [The Dilemma of Love](#) \* [The Dilemma of the Alcoholic Marriage](#) \* [Facing Codependence](#) \* [He Promised He'd Stop](#) \* [How to Break Your Addiction to a Person](#) \* [Leaving the Enchanted Forest](#) \* [Nasty People](#) \* [Overcoming Relationship Addiction](#) \* [Sexual Recovery](#) \* [Women, Sex and Addiction](#)

Self-help books for recovery from co-dependency and abusive relationships. "Co-dependency" usually refers to the victim in an abusive relationship, usually but not always a woman, whose negative opinion of herself leads to remain with the destructive partner.

Books in this list are concerned with improving relationships in adult life. See our [Childhood Abuse](#) page for books about recovery from incest and childhood abuse (which often leads to co-dependency).

### Assortment - [Abbreviations Used](#)

To add an item to your shopping cart or place an order, click on the checkbox beside the item code and press the "Add..." button at the [bottom](#).

Code	Description	Price
CodepNoMore_	<p><b>Codependent No More: How To Stop Controlling Others and Start Caring For Yourself</b> (used trpb)</p> <p>By Melody Beattie. 1987 (1992), Hazelden, 250pp. (VG) "This book is not about how you can help your alcoholic (gambler, foodaholic, workaholic, sexaholic, criminal, rebellious teenager, neurotic patient, another codependent, or any combination of the above)... This book is about your most important and probably most neglected responsibility: taking care of yourself. It's about what you can do to start feeling better." (4/25/99)</p>	<p>\$6.00 <a href="#">book1</a></p> <p><a href="#">Add to cart</a></p>

BeyondCodep_	<p><b>Beyond Codependency: And Getting Better All the Time</b> (used trpb)</p> <p>By Melody Beattie. 1989, Hazelden, 252pp. (VG. Remainder mark on edge.) "Journeys into the heart of recovery to address family of origin work, self-esteem, relapse, sharing recovery with children, "fatal attractions," and more -- with compassion, wisdom, and humor." (4/25/99)</p>	<p>\$6.00 <a href="#">book1</a></p> <p><a href="#">Add to cart</a></p>
FacingCodep_	<p><b>Facing Codependence: What It Is, Where It Comes From, How It Sabotages Our Lives</b> (used trpb)</p> <p>By Pia Mellody with Andrea Wells Miller and J. Keith Miller. 1989, Harper &amp; Row, 222pp. (Fine.) "A brilliant new guide to understanding the origins fo codependence and the path to recovery by a nationally recognized authority on dependency and addiction." (5/11/99)</p>	<p>\$9.00 <a href="#">book1</a></p> <p><a href="#">Add to cart</a></p>
DilLove_	<p><b>The Dilemma of Love: Healing Co-Dependent Relationships at Different Stages of Life</b> (used trpb)</p> <p>By Susan Cooley Ricketson. 1989, Health Communications, 202pp. (Near Fine. Prev. owner's stamp inside.) "Dr. Ricketson shows how to heal from the past, break the cycle of co-dependency and return full circle to reclaim the loving, empathetic spirit with which you were born." (7/2/99)</p>	<p>\$6.00 <a href="#">book1.5</a></p> <p><a href="#">Add to cart</a></p>
DilAlcMarriage_	<p><b>The Dilemma of the Alcoholic Marriage</b> (used trpb)</p> <p>By Al-Anon. 1971 (1992), Al-Anon Family Group, 101pp. (Near Fine) The relatives and friends of alcoholics talk about their marriages. Discussion of the Al-Anon program. (5/14/99)</p>	<p>\$5.00 <a href="#">book1</a></p> <p><a href="#">Add to cart</a></p>
OverRelAddict_	<p><b>Overcoming Relationship Addiction: A Workshop for Women Who Love Too Much</b> (used trpb)</p> <p>By Kathryn Apgar. 1990, Family Service America, 94pp. (Near Fine.) A workbook from the series, "Workshop Models for Family Life Education."</p>	<p>\$12.00 <a href="#">book1</a></p> <p><a href="#">Add to cart</a></p>
HowBreakPer_	<p><b>How to Break Your Addiction to a Person</b> (used pb)</p> <p>By Howard Halpern, PhD. 1982 (1983), Bantam, 262pp. (G-VG) "Are you unable to leave a love relationship even though it gives you more pain than joy? Your judgement and self-respect tell you to end it, but still, to your dismay, you hang on. You are addicted -- to a person." (5/27/99) - Also listed on <a href="#">Romantic Relationships</a>.</p>	<p>\$3.00 <a href="#">std</a></p> <p><a href="#">Add to cart</a></p>
nasty Cover Image 	<p><b><a href="#">Nasty People: How to Stop Being Hurt by Them Without Becoming One of Them</a></b></p>	<p>\$7.15 <a href="#">book1</a></p> <p><a href="#">Add to cart</a></p>
WomSexAdd_	<p><b>Women, Sex and Addiction: A Search for Love &amp; Power</b> (used hc)</p> <p>By Charlotte Davis Kasl, PhD.. 1989, Ticknor &amp; Fields, 401pp. Pub. at \$19.95. (Fine in Near Fine DJ.) "For many women, sexually addictive and sexually codependent behavior are intertwined.... Combining remarkably candid case histories with provocative cultural analyses, Dr. Kasl dramatically evokes both the experience of addiction and the process of recovery." (7/25/99)</p>	<p>\$10.00 <a href="#">book2</a></p> <p><a href="#">Add to cart</a></p>
SexRecov_	<p><b>Sexual Recovery: Everywomen's Guide Through Sexual Co-Dependency</b> (used</p>	<p>\$6.00</p>

	trpb) By Gina Ogden. 1990, Health Communications, 179pp. (Fine) (7/2/99)	<a href="#">book1</a> <a href="#">Add to cart</a>
HePromStop	<b>He Promised He'd Stop: Helping Women Find Safe Passage from Abusive Relationship</b> (new trpb) By Michael Groetsch. 1997, CPI Publishing/Crisis Prevention Institute, 228pp. "Shows you that not all batterers are alike. Using his Batterer's Continuum, Groetsch explains how to identify which category of batterer you are involved with -- from the least dangerous, treatable abusers -- to those he describes as Serial Batterers who are untreatable and likely to kill their victim. Included are true stories of how women have been victimized and how some have found safe passage from abusive relationships." (7/7/99)	\$14.95 <a href="#">book1</a> <a href="#">Add to cart</a>
LeavingEnchant_	<b>Leaving the Enchanted Forest: The Path from Relationship Addiction to Intimacy</b> (used trpb) By Stephanie Covington and Liana Beckett. 1988, HarperCollins, 189pp, list \$13.00. (VG) "A clear, practical guide to recovery for thos who want to understand the nature of addictive relationships and are ready to embrace genuine intimacy, the gift of recovery." (3/20/99)	\$6.00 <a href="#">book1</a> <a href="#">Add to cart</a>
CelibWives_	<b>Celibate Wives: Breaking the Silence</b> (used hc) By Joan Avna and Diana Waltz. 1992, Contemporary Books/Lowell House, 236pp. Pub. at \$21.95. "Enforced celebacy is not a temporary problem for just a few women. Throughout this book you will hear the voices of women who have lived sexless marriages, who at first blamed themselves and felt that they had to solve the problem alone.". (VG in VG DJ in wraps. Xlib with usual markings.) (8/6/99)	\$10.00 <a href="#">book1.5</a> <a href="#">Add to cart</a>

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## Cults and Ritual Abuse

CaptiveHearts_	<b>Captive Hearts, Captive Minds: Freedom and Recovery from Cults and Abusive Relationships</b> (used trpb) By Madeleine Landau Tobias and Janja Lalich. 1994, Hunter House, 304pp. (near fine) "Sensitively written by two former cult members, <u>Captive Hearts</u> offers victims and their families a renewed sense of trust and hope for a life beyond the cult experience."	\$10.00 <a href="#">book1.5</a> <a href="#">Add to cart</a>
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