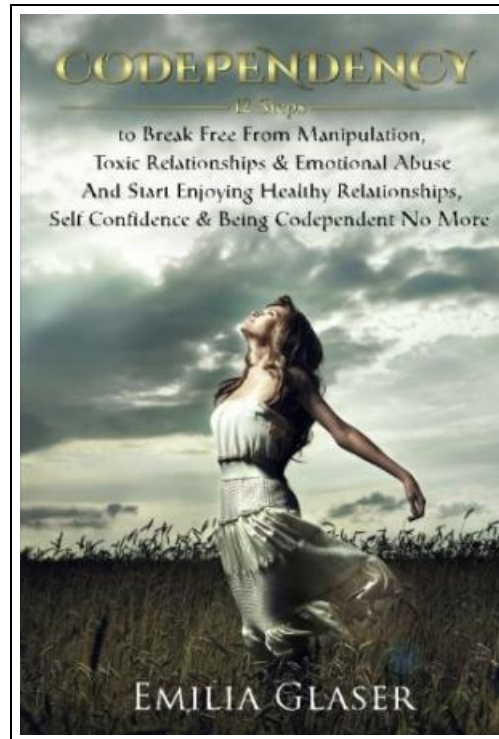


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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 50 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. A simple guide to switching over from codependency to independence in no time! Learn how to tackle your life and solve your own problems first, take control of your mind, overcome toxic relationships and free yourself from parasitic relationships in just a few days time! Do you want to start living your life again? Are you ready to overcome low self-esteem and love yourself? Do you want your mind to be in your control? Codependency is a state wherein you forget yourself while trying to help others solve their problems, caring way too much about others in your life without caring for yourself first, going beyond your limits to clear others' mess and ultimately feeling that you have been taken for granted. Be it toxic relationships, abusive relationships or just parasitic friends, codependency can really hamper your peace of mind and add to your already existing stress and tension, leading to poor emotional and mental health. This book here will help you to overcome such situations and give your self-esteem a boost so that you will be capable of standing up for yourself and getting away from abusive or manipulative relationships and you will also learn to put yourself first and care for your life in a much better way. With the help of this wonderful guide, you will not only learn to be happy, stress-free and independent, but you will also learn to differentiate between co-dependency and stay away from such situations. You will also learn to effectively overcome those situations, make new positive relationships and most importantly, learn to prioritize your life over others for your own personal growth and success. Here is a small preview of what...

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