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Healing the Wounds of Codependence: A Guide to Reclaiming Your Life (Paperback)

By Darcy S Clarke

Darcy S. Clarke, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. In this practical Guide to recovery from codependence, Darcy S. Clarke expands the existing understanding of this condition by asserting that its underlying cause is a lack of awareness of--or no conscious connection with--our soul. Offering a compassionate perspective on how we suffer from both family-based shame and rigid, culturally imposed expectations, Darcy views the five major core patterns of codependence as symptoms of spiritual dis-ease. Packed with user-friendly charts, worksheets, checklists, and experiential exercises that offer transformative insights to those willing to explore the pain of dysfunctional beliefs, behaviors, and relationships, this Guide assists readers to reclaim their lives by developing both a working understanding of the sources of their codependent patterns and a practical skill base essential to self-empowerment and personal well-being. Trained by Pia Melody at The Meadows, Darcy incorporates her perspective on the origins of codependence in dysfunctional families but also deepens it dramatically in a radical departure from her analysis. He offers both a transpersonal perspective on the core experience of feeling empty, lost, numb, and entitled and a practical focus on how to...



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