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 8. Remove the Victim 9. Undependence 10. Live Your Own Life 11. Have a Love Affair With Yourself 12. Learn the Art of Acceptance 13. Feel Your Own Feelings 14. Anger 15. Yes, You Can Think	51 69 77 89 103 109 117 129 139 149
16. Set Your Own Goals17. Communication18. Work a Twelve Step Program	155 161 169
19. Pieces and Bits	191
20. Learning to Live and Love Again	209
Epilogue	215
Notes	217
Bibliography	225