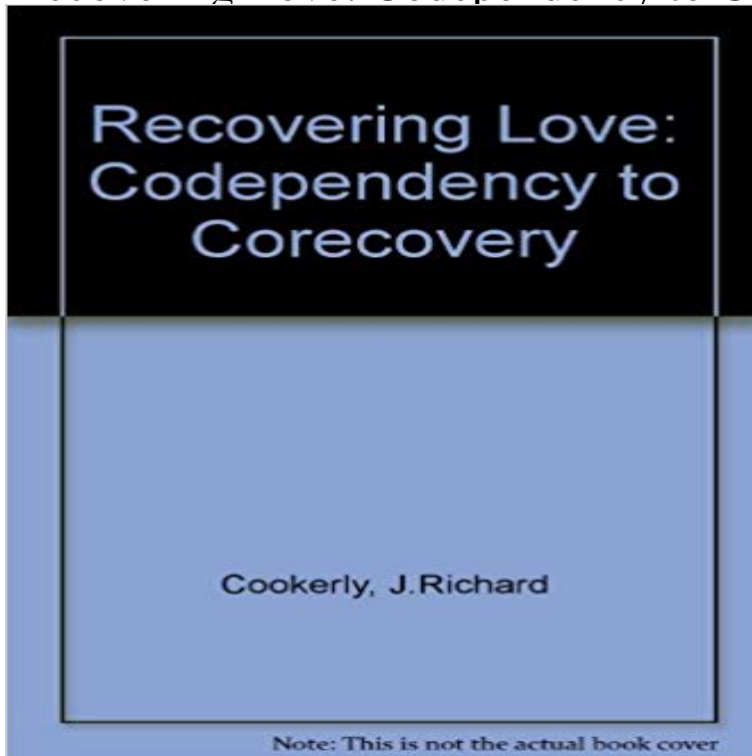


Recovering Love: Codependency to Corecovery



Recovering Love focuses on how couples can work together to identify and overcome codependency problems. Challenging the commonly held belief that codependent relationships are unchangeable and doomed to failure, this book describes how tens of thousands of couples are fighting codependency as a team, and winning. Dr. J. Richard Cookerly combines practical examples from the new and emerging field of codependency treatment, traditional marriage counselling techniques, and the rapidly growing body of research on the nature and dynamics of love, giving codependent partners the tools they need to defeat their problem together. Based on Cookerly's patented CoRecovery treatment model, used at a growing number of psychiatric hospitals and addiction centres, the programme of positive growth presented here shows readers how to break the cycle of codependent behaviour without breaking up their relationships. Cookerly defines the causes of codependency and the unique characteristics marking relationships affected by it - including addiction, violence and sexual dysfunction - and offers creative, couple-based solutions.

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