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**PLEASE NOTE: THIS IS A COMPANION TO THE BOOK AND NOT THE ORIGINAL BOOK.**

## **Codependent No More: by Melody Beattie | Key Takeaways, Analysis & Review**

*Codependent No More* by Melody Beattie is a self-help book that explains codependency and how to overcome it. Originally published in 1986, it was written before codependency was fully acknowledged in the mental health profession...

### **This companion to Codependent No More includes:**

- Overview of the book
- Important People
- Key Takeaways
- Analysis of Key Takeaways
- and much more!

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