



## Lost In The Shuffle: The Co-Dependent Reality

By Robert Subby

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**Lost In The Shuffle: The Co-Dependent Reality** By Robert Subby

"Co-dependency" is the denial or repression of the real self. It is based on the wrong belief that love, acceptance, security, success, closeness and salvation are *all* dependent upon one's ability to do "the right thing." In the process, the co-dependent denies who he really is. Once addicted, the codependent becomes blind to the reality of his own behavior and to his own self-worth.

A witty and well-told story, *Lost In The Shuffle* is written for those who seek to find themselves and break free of their troubled past and their present addiction to the rules the do-dependent lives by. Robert Subby presents new insights in an earthy, honest manner and shares the process of recovery with all who have been lost in the shuffle.

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## Lost In The Shuffle: The Co-Dependent Reality By Robert Subby Bibliography

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## **Editorial Review**

### **About the Author**

Robert C. Subby has worked professionally in the areas of addiction and mental health for the past 15 years. He is a pioneer in the development of family centered chemical dependency and co-dependency treatment. Subby is a founding board member of the National Association of Children of Alcoholics, Executive Direction of Family Systems Center, and Program Director of the Life Design Outpatient Chemical Dependency, Co-Dependency and Compulsive Treatment Program, both located in Minneapolis, Minnesota.

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This book untitled Lost In The Shuffle: The Co-Dependent Reality to be one of several books in which best seller in this year, honestly, that is because when you read this publication you can get a lot of benefit on it. You will easily to buy this particular book in the book retail outlet or you can order it by way of online. The publisher on this book sells the e-book too. It makes you quicker to read this book, because you can read this book in your Smart phone. So there is no reason to you personally to past this reserve from your list.

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#### **Nancy Jones:**

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**Allen Lutz:**

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