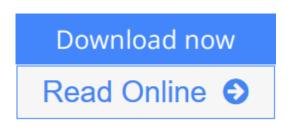


Lost In The Shuffle: The Co-Dependent Reality

By Robert Subby



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"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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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.

Users Review

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Aimee Nguyen:

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:

Precisely why? Because this Lost In The Shuffle: The Co-Dependent Reality is an unordinary book that the inside of the reserve waiting for you to snap the idea but latter it will distress you with the secret that inside. Reading this book beside it was fantastic author who also write the book in such amazing way makes the content inside of easier to understand, entertaining way but still convey the meaning completely. So , it is good for you for not hesitating having this any more or you going to regret it. This book will give you a lot of gains than the other book have such as help improving your talent and your critical thinking means. So , still want to hold off having that book? If I had been you I will go to the book store hurriedly.

Allen Lutz:

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