



**Codependency: 12 Steps to Break Free From  
Manipulation & Emotional Abuse And Start  
Enjoying Healthy Relationships & Self Confidence  
(Mind Control, Enabling, Emotional Health &  
Happiness)**

*Emilia Emilia*

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# Codependency: 12 Steps to Break Free From Manipulation & Emotional Abuse And Start Enjoying Healthy Relationships & Self Confidence (Mind Control, Enabling, Emotional Health & Happiness)

*Emilia Emilia*

## Codependency: 12 Steps to Break Free From Manipulation & Emotional Abuse And Start Enjoying Healthy Relationships & Self Confidence (Mind Control, Enabling, Emotional Health & Happiness)

Emilia Emilia

\*\*\*\*\*A simple guide to switching over from codependency to independence in no time\*\*\*\*\* Learn how to tackle your life and solve your own problems first, take control of your mind, overcome toxic relationships and free yourself from parasitic relationships in just a few days time! Do you want to start living your life again? Are you ready to overcome low self-esteem and love yourself? Do you want your mind to be in your control? Codependency is a state wherein you forget yourself while trying to help others solve their problems, caring way too much about others in your life without caring for yourself first, going beyond your limits to clear others' mess and ultimately feeling that you have been taken for granted. Be it toxic relationships, abusive relationships or just parasitic friends, codependency can really hamper your peace of mind and add to your already existing stress and tension, leading to poor emotional and mental health. This book here will help you to overcome such situations and give your self-esteem a boost so that you will be capable of standing up for yourself and getting away from abusive or manipulative relationships and you will also learn to put yourself first and care for your life in a much better way. With the help of this wonderful guide, you will not only learn to be happy, stress-free and independent, but you will also learn to differentiate between co-dependency and stay away from such situations. You will also learn to effectively overcome those situations, make new positive relationships and most importantly, learn to prioritize your life over others for your own personal growth and success. Here is a small preview of what else you will learn from this book: Identifying codependant relationships Moving away from such relationships Loving yourself Stepping into new relationships Overcoming regression Understanding why people manipulate and control others Recognizing the warning signs And much, much more! If you or your loved one is suffering from codependency, then it's time to give your life a fresh start with the help of this book. This ultimate guide will put an end to all your troubles and help you rebuild your relationships and regain your lost confidence, self esteem, love and success in a matter of a few days! So what are you waiting for? BUY your ebook NOW!!!!

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