



Codependence and the Power of Detachment: How to Set Boundaries and Make Your Life Your Own

Karen Casey

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Codependency--living as if what others think matters more than what we think, and trying to please or change others--is an insidious and pervasive addiction. And there is a simple way out of it: detachment.

In *Codependence and the Power of Detachment*, bestselling author Karen Casey shares her story and the story of others who have suffered from codependency. Based on the insights and tools she's discovered during her many years of sobriety to address codependency, Casey takes readers through the steps of detaching from a bad situation: admitting the attachment, surrendering the outcome, forgiving, and focusing attention on what works. She describes how to pay attention, be aware, and take care of ourselves, and let others--husbands, family, and coworkers--become accountable for themselves.

Codependence and the Power of Detachment shows that detachment is a power anyone can claim. It is the power of sanity, of peace, of finding one's own inner strength.

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