

All love starts with self-love.

My Road Beyond The Codependent Divorce



From the Bestselling Author
Lisa A. Romano

My Road Beyond The Codependent Divorce

Sonja Y Stribling



My Road Beyond The Codependent Divorce:

My Road Beyond the Codependent Divorce Lisa A. Romano, 2012-10 *My Road Beyond The Codependent Divorce* is a sequel to *The Road Back To Me* *My Road Beyond The Codependent Divorce* is written to encourage and support those of us who feel the need to move out of dysfunctional marriages and family relationships It is an inspiring and uplifting story as its ending resembles a fairy tale It is my hope that YOU the adult child learn to love the self and that perhaps my journey told through my books helps you remember that within you far beyond the things that have been done to you YOU ARE ENOUGH Much love to you Lisa A Romano

My Road Beyond the Codependent Divorce Lisa A Romano, 2024-07-23 Dive into the profound journey of self discovery and healing with Lisa A Romano s latest masterpiece *My Road Beyond the Codependent Divorce* As a global expert in mental wellness Lisa guides readers through the intricacies of codependency and narcissistic abuse offering invaluable insights that pave the way to liberation This book unravels the hidden influences of codependency on our consciousness providing a roadmap for those seeking to break free from toxic relationships Lisa offers her personal story to those struggling to heal from codependency and to find their authentic voice With wisdom drawn from her own experiences and expertise Lisa empowers readers to make conscious healthy choices and reclaim their lives *My Road Beyond the Codependent Divorce* is not just a book it s a transformative guide that promises healing growth and the liberation to live authentically Lisa shows her readers the way Embark on your journey to self discovery and resilience by grabbing your copy now

My Road Beyond The Codependent Divorce Lisa A. Romano, 2012-10-26 Ending a toxic relationship can sometimes make us feel like we are going insane Because we are so enmeshed with the other person we feel nothing but fear doubt confusion shame and even guilt when we consider terminating the relationship Although we can hear a little voice inside our heads urging us to move forward all too often our worries overwhelm us and cause us to stay stuck We no longer know whose thoughts or feelings are in our heads All we can feel is fear If you are contemplating ending a relationship you know in your heart must end but are struggling with crippling negative emotions Lisa s story is just the right dose of inspiration you will need as you begin facing your new roads ahead No stranger to heartache Lisa bravely ended her dysfunctional marriage and took her three small children with her With nothing to cling to but hope Lisa courageously learned to navigate her way through unknown terrains and eventually found the will to even love again

The Codependency Manifesto Lisa A. Romano, 2020-06-11 If a child s parent teaches that child to steal and cheat to survive is it the child s fault if they eventually find themselves in trouble with the law What happens to a child in many ways is what leads to what a child becomes Subconscious beliefs that are not turned over like stones become the paths to future life experiences good or bad healthy or not *The Codependency Manifesto* is designed to help you learn to question your mind To live a truly authentic life we must learn to observe how our mind operates or be doomed to repeat the patterns beliefs and perceptions we have been groomed to accept as truth through the experiences of childhood This book allows readers from all walks of life to envision a new

reality for themselves It shares life changing insights and tools that will help you forge a greater understanding of self and find the road back to the real you *Learning How To Leave* Michael Padraig Acton,2021-06-24 This popular book is dedicated to freeing those stuck within toxic relationships Compassionately grounded in science and embedded in the author's 30 years plus of clinical experience this is nevertheless an easy and powerful read **The New York Times Book Review**,1991-04 Presents extended reviews of noteworthy books short reviews essays and articles on topics and trends in publishing literature culture and the arts Includes lists of best sellers hardcover and paperback *The Codependent Cure* Lillian Findley,2020-04-13 Love care and concern make up the framework of our social interactions Yet when taken beyond a certain limit they can become the source of emotional pain and mental stress Are you a Codependent like I once was looking for answers no one seems to know For the first 32 years of my life I was hopelessly codependent A troubled childhood in a dysfunctional family set the tone for my marriage to a self absorbed narcissist From a young age I devoted myself to the service of those I loved I had no choice anyway I learned to keep silent and not discuss my problems I learned to shunt my priorities aside in favor of helping others I ran myself into the ground to keep the people around me happy Yet I was hurt and hurt repeatedly by the same people I lived for I made my life an extension of my husband's but I was never worth anything to him I was emotionally bruised beyond recognition and still I burned to light the way even my help was not required And then something monumental happened to me It started with a chance meeting with a long lost friend at the mall and my first therapy session and ended in a divorce from the primary narcissist in my life My husband wasn't the only thing I divorced though I went through a complete transformation and rebuilt my emotional boundaries I learned self love and restocked my self esteem levels Today twenty years after my divorce I have helped hundreds of codependents make that same journey Are you in a toxic relationship Do you wish to regain control over your emotions and thoughts Do you want to learn how to maintain healthy levels of self esteem Do you want to be free once again In this book *The Codependent Cure* you can expect My 5 proven steps for repairing your life The link between your childhood and the foundations of your codependency The 5 pillars of codependency and 10 signs that you are codependent 4 reasons why narcissists are forever attracted to you The only comprehensive structured and graded test for codependency that I know of 10 things you can do to build a healthy relationship and 10 signs of abusive relationships Advanced mindfulness techniques for becoming aware of the problem 4 steps you must take to rebuild emotional boundaries and 10 ways to face your fears The most popular experiences you can expect from therapy a 10 step plan for leaving a codependent relationship forever Codependency is a jail from which most victims never escape It sucks them in and changes their reality Luckily the power to resist emotional predators and narcissists is present in everybody including you You only need to learn to love yourself once again and cut out the hero chromosome Do you want to love and be loved equally Do you want to learn to make your needs your priorities once again You can get started on that journey back to full mastery of your emotions by clicking on the Buy Now button Now I look

forward to seeing you on the other side **Quantum Tools to Help You Heal Your Life Now** Lisa A. Romano,2014-08-14 Much like gravity the law of attraction is a natural law of the universe and one that governs every interaction you ever have You can only attract into your experience those things that resonate with you on an emotional and or vibrational level It is no coincidence that women who marry alcoholics had alcoholic fathers grandfathers or uncles What a child experiences in childhood determines that beings emotional set point their point of attraction If your childhood was full of pain it is not by chance that your adult life experiences are just as painful This book uses the principles of the law of attraction to help you move past your past It is a must read for anyone struggling with addictions troubling relationships codependency and or other negative personal issues This book has the potential to heal the world on a global level as it reveals the true hidden secrets of the law of attraction and how to harness its power to transform people from all walks of life for the better Healing abundance peace and joy are your birthright Unravel the mystery of your vibrational nature and manifest the truest desires of your heart by applying the knowledge contained in this powerful book There is nothing you cannot overcome by applying the secrets contained in this book to your own circumstances Learn how to take control over your emotional and vibrational nature so to help re create your point of attraction so you can have the life you have always dreamed of Life Beyond Divorce Keith Saynor,2020 **Beyond Divorce** Jeannine Lee,2013-09-16 Beyond Divorce helps readers Resolve their painful emotions Learn what went wrong Rebuild their self worth Begin designing a new life based on new values and freedoms Reduce recovery time by up to three years Let go of bitterness Find happiness again Get back into life in a meaningful and powerful way This is the text for the popular 10 week Beyond Divorce Recovery and Empowerment program Your Are Enough Vanya Vasileva Sevova,2025-02-14 You Are Enough Beyond Divorce A New Beginning Self Love is a powerful guide to healing self discovery and embracing a fresh start after divorce This book helps readers navigate the emotional aftermath of separation rebuild their confidence and cultivate self love With insightful advice and empowering reflections it encourages individuals to rediscover their worth break free from past pain and step into a fulfilling new chapter Whether you re struggling with self doubt or seeking inspiration for a brighter future this book serves as a heartfelt reminder that you are enough just as you are *Beyond Codependency* Melody Beattie,1989 In simple straightforward terms Beattie takes you into the territory beyond codependency into the realm of recovery and relapse family of origin work and relationships surrender and spirituality You re learning to let go to live your life free of the grip of someone else s problems And yet you find you ve just started on the long journey of recovery Let Melody Beattie author of the classic Codependent No More help you along your way A guided tour past the pitfalls of recovery Beyond Codependency is dedicated to those struggling to master the art of self care It is a book about what to do once the pain has stopped and you ve begun to suspect that you have a life to live It is about what happens next In simple straightforward terms Beattie takes you into the territory beyond codependency into the realm of recovery and relapse family of origin work and relationships surrender and

spirituality With personal stories hard won insights and activities her book teaches the lessons of dealing with shame growing in self esteem overcoming deprivation and getting past fatal attractions long enough to find relationships that work

The Divorce That Saved My Life Sonja Y Stribling, 2017-07-13 Divorce can have a devastating effect on families and leaves our personal lives in ruins even eliciting feelings of depression fear and despair but as you ll discover in this wonderful book a divorce doesn t have to mean the end of the world Actually not only can you survive a divorce you can thrive after having one Yes there is life after a divorce In this book Dr Sonja Y Stribling Ph D opens up about her personal struggle with divorce She pinpoints the signs that suggest a marriage is in serious trouble and reveals to us how we can regain the courage and confidence to love ourselves recover from broken relationships and live a fulfilling life in the aftermath of a divorce

Before & Beyond Divorce Marlia Rucker, 2004-10 This book is a true experience of a young lady who allowed what she called love to control her and the marriage started with a lie We would have known it would not last if only we had given God just a few minutes of our life but with our busy schedule we had no time for God The Bible states God will not put more on us than we can stand but will make a way for escape Even though the road was rough God always made a way He never left us but led in every situation Beyond divorce life goes on It is a well known fact that life must go on God was in control of this marriage from the very beginning This marriage was started on prayer not a lie My prayer is that this book will be a blessing to whomever reads it It is a very true experience

My Resurrected Heart: Diane Vernitsky Jellen, 2014-01-10 The story of one womans life with an alcoholic spouse will resonate with anyone dealing with a loved ones addiction After her husband moved out author Diane Jellen sought professional counseling and learned that she had played a leading role in the family drama In order to achieve spiritual and emotional recovery she had to deal with her own issues including Denial Stigma of addiction Shame Blame Family secrets Divorce Financial loss Inability to trust This forty day devotional memoir details Jellens slow but progressive recovery from crippling codependent behavior to self respect Follow Diane on her healing journey and learn how you too can face your fears and overcome your shortcomings Along the way you will discover that its okay to love and respect the person God designed you to be

Take the High Road Andrew Heller, 2022-03-29 Game changing guide to divorce Taking the high road means learning to let some things go fostering forgiveness when possible and incorporating empathy into actions that affect your former life partner Andy Heller author and divorced dad If you find yourself in the stressful world of divorce whether you are considering separation are in the midst of the process or coming out the other side Take the High Road Divorce with Compassion for Yourself and Your Family will help replace battleground tactics with a healthy supportive process that can work for all parties Unlike primers on divorce written by lawyers therapists and other subject matter experts this accessible and revolutionary guide comes from a successful businessman and author of popular books on real estate and investments As Andy Heller struggled through his own divorce he searched for a practical roadmap to help him his wife and his children navigate the emotional logistical legal and financial challenges Finding nothing

to help Heller began interviewing dozens of divorcing couples marriage counselors attorneys judges and others who could shed light on divorce universal difficulties The result a game changing look at how both parties can choose compassion and cooperation over anger and fear Acknowledging the high emotional stakes and the high odds of divorce half of today s marriages end in dissolution Heller has written what one marriage and family therapist calls a manual of best practices for getting through one of life s more difficult transitions With blunt advice real world examples and 46 practical strategies this book is a well organized roadmap to a more positive destination It provides a less traveled route for navigating a divorce that can heal hearts prepare for the future and most importantly nurture the children Step by step Heller s game plan walks readers through four stages Divorce Structure Strategy and Goals Action Steps to Help Your Children Manage Life s Changes Don t Forget about Your Own Needs When Divorcing Healthy Dealings with Your Ex Within those areas core strategy chapters incorporate engaging anecdotes original insights and tips from experts Readers will be empowered with invaluable communication tools designed to lower the temperature of flashpoint discussions and situations The author even provides scripts for dealing with difficulties before debates can arise Checklists give readers concrete action plans and clear Takeaway Points at the end of each chapter reinforce key messages Heller writes about incompatibility and other interpersonal problems but doesn t shy away from tough topics including emotional and physical abuse infidelity and restraining orders Every divorce is different in its own way Despite differences however most divorcing spouses share the same challenges Readers will find common ground on subjects all too frequently overlooked in other books on divorce Avoid Unilateral and Wish List Expenses Therapy Curveballs Visualizing Your Post Marriage Home Beware of Button Pushing Events The Two Categories of Advice Givers When and With Whom to Speak about Your Ex Where is My Deserved Affirmation or Appreciation Take the High Road will be essential reading not only for men and women contemplating or going through divorce but also for their friends loved ones and the financial and legal professionals in their lives It s a roadmap for a better life journey with more happiness along the way

Removing The Rings Kristi Denise,2020-02-22 Life after divorce can be a very difficult transition In Removing The Rings Author Kristi Denise shares her real raw journey of becoming a divorced single parent Throughout the book her transparency helps the reader to Get Real and Be Healed in order to discover life and love beyond divorce Removing The Rings addresses topics such as Learning to Let Go Rediscovering You Checking Your Support Circle and Peaceful Co Parenting Each chapter provides a chapter challenge chapter exercises affirmations and scriptures to help you take the action needed to create a life your truly love

Women, Divorce and Codependent Recovery Margee,1994 *Divorce The Road to Recovery* Albert Dias,2023-01-24 Are you going through a divorce and feeling overwhelmed by the process Are you struggling to navigate the legal and financial aspects of the separation Divorce The Road to Recovery is the book you need to guide you through this difficult time With 5 chapters this book covers everything you need to know to navigate the divorce process and rebuild your life From dealing with the

emotional impact of divorce on yourself and your children to rebuilding your financial stability and creating a positive co parenting relationship with your ex this book provides practical strategies and real life examples to help you through each step But this book is not just about the legal and financial aspects of divorce it also addresses the emotional and psychological aspects of the process It provides techniques and exercises to help you deal with feelings of sadness anxiety anger and guilt and helps you rebuild your identity and self esteem Don t let your divorce define you Take control of your life and start the road to recovery today with Divorce The Road to Recovery Whether you re looking for guidance inspiration or practical advice this book is your ultimate guide to getting through this difficult time and coming out stronger on the other side Buy now About the Author Albert Dias is the pseudonym of a trilingual author passionate about mental health He has experience caring for the elderly mainly at the family level and his books are based on scientific studies and personal experiences His mother was diagnosed with Alzheimer s when he was in his twenties and his father died a few years earlier from cancer As a result of these events Abert Dias came to understand that stress is a part of life and can be better managed by learning how it affects him physically and mentally He is also a great traveler who enjoys spending time with friends and reading

Learning From Divorce Christie Coates,Robert LaCrosse,2003-08-20 Learning from Divorce by Christine A Coates and E Robert LaCrosse is a practical book that will help you rid yourself of negative feelings of guilt and worry and replace them with positive feelings of growth and hope Learning from Divorce will show you how to confront your fears and flaws motivate you to move forward toward change develop realistic hopes about succeeding with future relationships and turn your failures into victories In this groundbreaking book the authors explain that divorce can be viewed as a developmental process a period of transformation and growth They help the reader understand why the divorce happened in the first place how unrealistic expectations of a permanent honeymoon or a partner who would satisfy their infantile needs and solve all their childhood problems have so often led to immature and self centered behavior In place of this attitude Learning from Divorce provides the reader with a more realistic view of marriage as a long term commitment requiring loyalty compromise devotion perseverance and selflessness This book shows that the rewards of love and family exceed most any other joy or aspiration in one s life and will help you

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