



The Little Book Of Codependent Relationships

George Bissett

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Start working towards healthy relationships and regaining your self esteem

The first thing that you need to learn is that it isn't anyone else's decision on how you live your life, **ultimately it's up to you to decide how to live your life.** Other people may choose to feel hurt by your decisions, but it's in your best interest to look after yourself.

If you can learn to accept that you are responsible for how your life turns out, and you alone choose how it affects those around you, you are on the road to happiness. Life shouldn't be simply about pleasing others, you are the most important thing in your life.

If you don't start living your life for yourself, you may find your life slipping away. I'm not going to tell you how to live your life either, this is about you determining how to live your life.

Inside The Little Book of Codependent Relationships you'll find some extremely useful information on things such as:

Exercises and so much more! For a little book, The Little Book of Codependent Relationships is definitely full of some great ideas to help you understand your life and how your relationships effect it. So what are you waiting for? Scroll back up to the top of this page and hit **BUY IT NOW!** It's time to look after yourself. Live your life for yourself, not for others, it's too short to throw away.

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