



# Codependent - Now What? Its Not You - Its Your Programming

*Lisa A Romano*

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## **Codependent - Now What? Its Not You - Its Your Programming** Lisa A Romano

There are perhaps innumerable books on the market today explaining how a person might become codependent. The problem is, knowing why you may be codependent does nothing to help you recover from being a codependent, which is why I wrote this book. About fifteen years ago, when my life shattered around me I was dumbfounded after being diagnosed with clinical depression and told that my diagnosis was the result of being in a codependent marriage. I was just as shocked to learn that because I was raised by unrecovered adult children of alcoholics, I had essentially been programmed to think in a codependent way. With nowhere else to turn, I decided to learn all I could about adult children of alcoholics, as well as adult children of narcissistic parents in an attempt to help me understand the way my mind processed information and why. What I discovered changed my life, and in fact gave birth to the life I was meant to live. Today I am a passionate self help author and Breakthrough Life Coach who is an expert in the field of codependent recovery. Over the last fifteen years I have collected information based on my professional as well as personal experiences that have allowed me to understand what it takes to heal the codependent mind, and to liberate ones self from the web codependency truly is. 'Codependent--Now What?, Its Not Your Its Your Programming' is nothing short of a codependency manifesto. In it you will not only learn deep insights about the true causes of the codependent mindset, but you will also be given the tools you need to heal your childhood programming once and for all. When I was new to codependent recovery, I kept asking myself, "Why can't I find a book that explains how I can heal from this?" As a Life Coach I have heard countless clients ask me for tools to help them heal. This book is not only what I was asking for so many years ago, but it is what most people are in need of once they too discover that the root of so many of their ongoing troubl

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