

All love starts with self-love.

My Road Beyond The Codependent Divorce



From the Bestselling Author
Lisa A. Romano

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Lisa A. Romano



My Road Beyond The Codependent Divorce:

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

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

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

There Is a Way C. Dennis Kaufman, 2023-07-07 *There Is a Way* is all about how we get from where we are to where God wants us to be It is no easy

task to describe this trek but it is the author's goal to offer intriguing ideas and concepts regarding this adventure God offers us As a pastor and therapist Kaufman has had a bird's eye view of the life journey of hundreds of people He uses biblical truth and compatible psychological concepts to describe the skills and practices that help us get from the as is to our desired goals This book is designed to be pragmatic Although there are plenty of deep thoughts to wrestle with it is also crafted to speak in practical ways about what works This book includes nine real life case studies that illustrate how these skills can lead us to a fulfilling life of faith When we are committed to integrating God's truth into daily life growth and positive change tend to follow It is the author's prayer that these pages stir things within you to see God more clearly love God more and find the jet stream of God's grace for your future *Sail with the Tide* James W. Stewart, 2025-04-09 Sadly few of us haven't had our lives touched by addiction Even more tragic for many of us it is our child who is suffering and our child who we struggle to help James W Stewart is one such parent When his late son Joshua started down the dark path of substance abuse more than twenty years ago he struggled with what to do Now after Joshua's passing there are many things James wishes he'd known and wishes he'd said or done Harrowing and heartening by turns *Sail with the Tide* is the story of one father's difficult journey trying to be there for his son Although many of his lessons only came after his son's passing James did his best with the knowledge he had and supported Joshua through rehab programs the drug court and the US prison system along the way Over the course of this decades long fight the Stewart family all suffered struggling with how to love and support someone who wasn't acting in his own best interests and the difficult fine line between unconditional love and enablement Many of these lessons might challenge what we've come to believe about addicts and even our own instincts But though Joshua's life was tragically cut short other parents may still have time In *Sail with the Tide* James hopes bearing witness to Joshua's life may provide the consolation and support the parents of addicts so badly need especially before it's too late **Personal Care in an Impersonal World** John Morgan, 2020-11-25 The purpose of this volume is to ask and propose a positive answer to the question Can we attend to the personhood of individuals within systems and cultures which are mass oriented One of the most interesting changes in contemporary thinking has been the emphasis on the unique person While the distinction between a person a unique rational being and individual one of several similar things has long existed it is in the twentieth century that we seem to have become fully conscious of this distinction There is good reason for such as emphasis today Repeatedly in this century the case of the person was deemed less important than some policy Innocent persons slaughtered in the name of some ism political bombings and kidnappings and mass unemployment to name but a few The cause of our dehumanization seems to be the reduction of the individual person to a part of the political economic or religious system **The Espresso Shot** Joseph Barr, 2015-10-26 The Espresso Shot is a mixture of life's greatest challenges and its greatest experiences It is a self help book that transmits the core framework of complex experiences in a manner that is easy to understand In doing so The Espresso Shot is a book of poems that allows the reader to move through his or her own events in

a new way in an effort to bring greater understanding and awareness *Ask Your Guides* Sonia Choquette,2021-01-05 We re all spiritual beings with a spiritual support system on the Other Side that oversees and helps guide our lives from the moment we re born to the moment we leave our physical bodies and return to Spirit Not knowing this fact is a severe handicap as the Universe is designed to care for and nurture all its creatures and help make our life s journey easier and more successful When we learn how to connect with our angelic guides our lives naturally fall into a pattern of ease and flow during which we grow our souls fulfill our life s purpose and make our time on Earth endlessly entertaining This fascinating and inspirational book by Sonia Choquette provides all the information you need to help you connect with your spirit guides so that you can enjoy all the love abundance and joy you re entitled to *Healing the Heart* Joan Hunter,2007-03-19 For anyone who has ever been betrayed For anyone who has ever felt lost abused or abandoned For anyone who has ever suffered a broken heart There is healing In this inspiring and life changing book Joan Hunter shares her challenging testimony of how she overcame rejection and the worst betrayal imaginable No matter your circumstances God wants to minister to you through Joan s insights and practical advice You can Find the strength to achieve when the world says you will fail Receive a new heart when yours has been broken by betrayal Be empowered with strength from on high even in your weaknesses Live a life of blessing and more than enough after feeling like you had nothing left On the cross Jesus paid for more than your physical healing He has also made provision for Healing the Heart

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