



# Talk, Trust, and Feel: Keeping Codependency Out of Your Life

*Stephanie Abbott, Melody Beattie, Jennifer Schneider M.D., Veronica Ray, Brian Desroches*

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For all of us recovering from codependency, especially those working the Twelve Steps, TALK, TRUST, AND FEEL offers reinforcement and inspiring perspectives from 10 of Hazelden's leading voices. Their wise observations help us let go of our desire to change the other person and take responsibility for ourselves as continue our journey toward wholeness.

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