

codependents anon

Posted by strugglingandstrivngBT - 24 Dec 2010 01:36

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So I started wandering in my shul's library (sometimes it seems that I just let my neshama do the walking) and stumbled upon this green cover I'd never seen, on a shelf I've gone through many times. The book was "Recovery from Codependence: A Jewish Twelve Steps Guide to Healing Your Soul" by Rabbi Olitzky. This seems like an amazing assistance to work through the deeper issues behind my problem. Anyone work through this book? if so, comments?

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