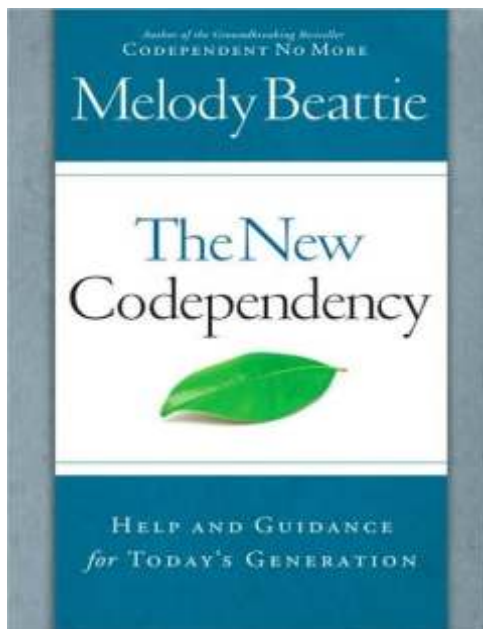


Bestselling author of
CODEPENDENT NO MORE



Read by Lorna Raver

Category: Self-Help

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Melody Beattie, one of the seminal figures in the recovery movement, is the author of the international best-seller *Codependent No More*. An expert on codependency, Beattie has written fifteen books, including *Beyond Codependency*, *The Language of Letting Go*, and *The Grief Club*, and published hundreds of newspaper and magazine articles. Beattie has been a frequent guest on many national television shows, including *Oprah*, and she lectures worldwide.

Lorna Raver, named one of *AudioFile* magazine's Best Voices of the Year, has received numerous Audie Award nominations and *AudioFile* Earphones Awards for her narrations. An accomplished stage actress, she has also guest-starred on many top television series and stars in director Sam Raimi's film *Drag Me to Hell*.



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MELODY BEATTIE

THE NEW CODEPENDENCY

Help and Guidance for Today's Generation

In her first major work in decades, the follow-up to the national bestseller *Codependent No More*, Melody Beattie identifies how codependent behavior has changed and shows listeners how to get back their lives by choosing behaviors that work for them.

Twenty-five years after *Codependent No More*, concepts such as "self-care" and "setting boundaries" have become entrenched in mainstream culture. Now Beattie has written a follow-up volume, *The New Codependency*, which clears up misconceptions about codependency, identifies how codependent behavior has changed, and provides a new generation with a road map to wellness.

The question remains: What is and what isn't codependency? Beattie here reminds us that much of codependency is normal behavior. It's about crossing lines. There are times we do too much, care too much, feel too little, or overly engage. Feeling resentment after giving is not the same as heartfelt generosity. Narcissism and self-love, enabling and nurturing, and controlling and setting boundaries are not interchangeable terms. In *The New Codependency*, Beattie explores these differences, effectively invoking her own inspiring story and those of others, to empower us to step out of the victim role forever. Codependency, she shows, is not an illness but rather a series of behaviors that once broken down and analyzed can be successfully combated.

Each section offers an overview of and a series of activities pertaining to a particular behavior—caretaking, controlling, manipulation, denial, repression, etc.—enabling us to personalize our own step-by-step guide to wellness. These sections, in conjunction with a series of tests allowing us to assess the level of our codependent behavior, demonstrate that while it may not seem possible now, we have the power to take care of ourselves, no matter what we are experiencing.

KEY POINTS/MARKETING

- National radio advertising on *Oprah & Friends*
- National advertising in *O, The Oprah Magazine*
- National author publicity from Los Angeles and New York City
- Twenty-city radio satellite tour
- Author's Web site: www.MelodyBeattie.com

PRAISE FOR THE NEW CODEPENDENCY

"Lorna Raver's rich vocal personality captures the author's candor and wisdom in this follow-up volume to the classic *Codependent No More*." —*AudioFile*

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