



Codependent No More by Melody Beattie: An Action Steps Summary, Analysis, and Cheat Sheet

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Your Quick and Simple Summary and Analysis of *Codependent No More* by Melody Beattie

Inside, you'll find:

- An introduction to Beattie's main concepts
- Time-saving chapter summaries with action steps and advice
- Review questions and commentary
- A guide to additional resources, including helpful articles, books, podcasts, printables, videos, and quizzes

About *Codependent No More* by Melody Beattie

Codependent No More was the debut book of bestselling author Melody Beattie. Originally published in 1986 by the Hazelden Foundation, Beattie's book became a phenomenon of the self-help movement, selling over eight million copies, six million of them in the United States.

According to Beattie, codependency in relationships results from our desire to rescue people. She believes that this desire is counter-productive, and that our efforts to rescue people might actually do more harm than good, both for ourselves and our loved ones.

Please note that this summary is NOT the original book and is meant to be read as a supplement to the original.

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