



Understanding Codependency, Updated and Expanded: The Science Behind It and How to Break the Cycle

Joseph Cruse, Sharon Wegscheider-Cruse

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The groundbreaking book *Understanding Co-Dependency* ushered in a new way of thinking about codependency and helped millions of people discover if they were co-dependent, if they were living with a co-dependent, and how to break the cycle. Now, in this revised edition, Joseph Cruse, founding medical director of The Betty Ford Center, provides findings and insights into codependency. Thirty years ago, clinicians viewed alcoholism as a liver disease; today research has revealed that addiction and many codependent behaviors are related to brain functioning. Cruse explores this brain connection and expands on the all-important issues of traumas it relates to codependency, denial, low self-esteem, and self-worth. With updated case studies and exercises, *Understanding Codependency* dispels the notion that the cycle of codependency can't be broken, offering readers a lifeline to the fulfilling relationships and lives they deserve.

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