



# Recovering Love: Codependency to CoRecovery

*Dr. J. Cookerly*

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## **Recovering Love: Codependency to CoRecovery** Dr. J. Cookerly

Recovering Love is the first self-help guide to focus on ways for couples to work together to defeat codependent behaviors without ending their relationships. Dr. Cookerly describes the differences between authentic mate love and codependency and how codependency inhibits intimacy, sexual fulfillment, and the growth of healthy love. Readers will discover how to defeat the special problems of codependency through loving teamwork. Recovering Love explores techniques couples can use to escape the destructive victim-rescuer-persecutor triangle with self-love and teamlove. Case examples show how couples are using Dr. Cookerly's CoRecovery love knowledge to put an end to codependency factors that prevent them from succeeding at love. Included are eight major ways people demonstrate love, and their benefits to health, self-esteem, and relationships. Couples will discover how to avoid codependency by learning the skills of real emotional intimacy. For parents, Dr. Cookerly provides specific techniques for breaking the generational chain setting children free to lead non-codependent loving lives. Recovering Love gives new hope to codependent couples everywhere, and serves as an authoritative source of innovative ideas and strategies for the professionals who treat them.

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