



Breaking Free of the Co-Dependency Trap

Janae B. Weinhold Ph.D., Barry K. Weinhold Ph.D.

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This bestselling book, now in a revised edition, radically challenges the prevailing medical definition of co-dependency as a permanent, progressive, and incurable addiction. Rather, the authors identify it as the result of developmental traumas that interfered with the infant-parent bonding relationship during the first year of life.

Drawing on decades of clinical experience, Barry and Janae Weinhold correlate the developmental causes of co-dependency with relationship problems later in life, such as establishing and maintaining boundaries, clinging and dependent behaviors, people pleasing, and difficulty achieving success in the world. Then they focus on healing co-dependency, providing compelling case histories and practical activities to help readers heal early trauma and transform themselves and their primary relationships.

Breaking Free of the Co-dependency Trap presents a groundbreaking developmental road map to guide readers away from their co-dependent behaviors and toward a life of wholeness and fulfillment.

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