

Understanding and Overcoming Codependency

Recommended Resources:

Books:

Do I Need Boundaries?, by Jim Newheiser

When People Are Big and God is Small, by Ed Welch

People-Pleasing: How to Stop Being an Approval Junkie, by Lou Priolo

When to Walk Away, by Gary Thomas

Foolproofing Your Life: How to Deal Effectively with Impossible People in Your Life, by Jan Silvious

Trapped: Getting Free From People, Patterns, and Problems, by Andy Farmer

Articles:

When We Love Too Much: Escaping the Control of Codependency, by Jeff Olson, article online

Be Like Martha? God's Invitation to Over-Responsible People, by Laura Andrews, JBC 33:3, 2019

Boundaries in Relationships by Ed Welch, Journal of Biblical Counseling, Spring 2004

What We Think We Need Will Control Us by Rick Thomas,
www.Lifewithcoffee.com