



# Doormats and Control Freaks: How to Recognize, Heal or End Codependent Relationships

Rebekah Lewis

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## Doormats and Control Freaks: How to Recognize, Heal or **End Codependent Relationships**

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Readers learn how to recognize codependent tendencies in themselves with this insightful step-by-step guide to creating healthy relationships. Lewis's twelve step plan provides the starting point for increased selfesteem and an emotionally fulfilling lifestyle.



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