



Co-Dependency

John E. Bradshaw

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Co-dependency is one of the most life-affecting diseases of our time, says author, TV personality, mentor, innovator, philosopher, counselor, theologian, educator, and elder, John Bradshaw. In this special 5 hour intensive workshop, an audio presentation on CO-DEPENDENCY, John Bradshaw introduces a systematic outline of how to identify and deal with the symptoms of co-dependency. In this intensive five-part lecture series, John places special emphasis on family system roles, showing that you cannot live your own life when you are living that of others. Helping can hurt, and John offers ways to free yourself from the bonds of co-dependency.

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