

Suggested CoDA Resources*



BOOKS

Melody Beattie

Codependent No More Stop Controlling Others And Start Caring for Yourself
The Language of Letting Go
Codependents' Guide to the Twelve Steps

Brene Brown, author

The Gifts of Imperfection Let Go of Who You Think You're Supposed to Be and Embrace Who You Are

Co-Dependents Anonymous

The Twelve Steps and Twelve Traditions Workbook * (Official literature of CoDA)

John DeMartini

Count Your Blessings: The Healing Power of Gratitude and Love

Patricia Evans

The Verbally Abusive Relationship: How to recognize it and how to respond
The Verbally Abuse Man, Can He Change? A Woman's Guide To Deciding

Friends in Recovery

The 12 Steps A Way Out: A Spiritual Process for Healing (workbook)

Thomas Harris

I'm OK, You're OK

Anne Katherine, M.A.

Boundaries: Where You End and Where I Begin: How to Recognize and Set Healthy Boundaries
Where to Draw the Line: How to Set Healthy Boundaries Every Day

Ross Rosenberg, M.Ed., LCPC, CADC

The Human Magnet SYndrome: Why We Love People Who Hurt Us

ONLINE

www.codaomaha.org Omaha codependency group information, weekly meetings, foundational documents

www.coda.org National listings and literature to order from Co-Dependents Anonymous™

<https://www.youtube.com/channel/UCaIP3adJUkpJKquCaLEh6bg> CoDA Omaha Youtube Channel

<http://serenitynownownow.tumblr.com/> CoDA Omaha member Lynn S.'s blog

<http://bandbacktogether.com> Wide range of resources for codependency and other issues

<https://www.youtube.com/channel/UC8OgfVvM8u5xhoHTJPa9sOQ>
Youtube channel of Chicago Therapist Ross Rosenberg, M.EdI, LCPC, CADC

<http://www.mentalhealthamerica.net/co-dependency> Mental Health America

Melody Beatty's Story recorded in California, June 2011

<http://melodybeattie.com/wp-content/uploads/2011/09/melody-talks.mp3>

These resources are suggested by our Omaha CODA members who have found them helpful as recovery tools. They are neither created nor endorsed by Co-Dependents Anonymous Inc™ unless otherwise noted

