



Lost In The Shuffle: The Co-Dependent Reality

By Robert Subby

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Lost In The Shuffle: The Co-Dependent Reality By Robert Subby

"Co-dependency" is the denial or repression of the real self. It is based on the wrong belief that love, acceptance, security, success, closeness and salvation are *all* dependent upon one's ability to do "the right thing." In the process, the co-dependent denies who he really is. Once addicted, the codependent becomes blind to the reality of his own behavior and to his own self-worth.

A witty and well-told story, *Lost In The Shuffle* is written for those who seek to find themselves and break free of their troubled past and their present addiction to the rules the do-dependent lives by. Robert Subby presents new insights in an earthy, honest manner and shares the process of recovery with all who have been lost in the shuffle.

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Editorial Review

About the Author

Robert C. Subby has worked professionally in the areas of addiction and mental health for the past 15 years. He is a pioneer in the development of family centered chemical dependency and co-dependency treatment. Subby is a founding board member of the National Association of Children of Alcoholics, Executive Direction of Family Systems Center, and Program Director of the Life Design Outpatient Chemical Dependency, Co-Dependency and Compulsive Treatment Program, both located in Minneapolis, Minnesota.

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