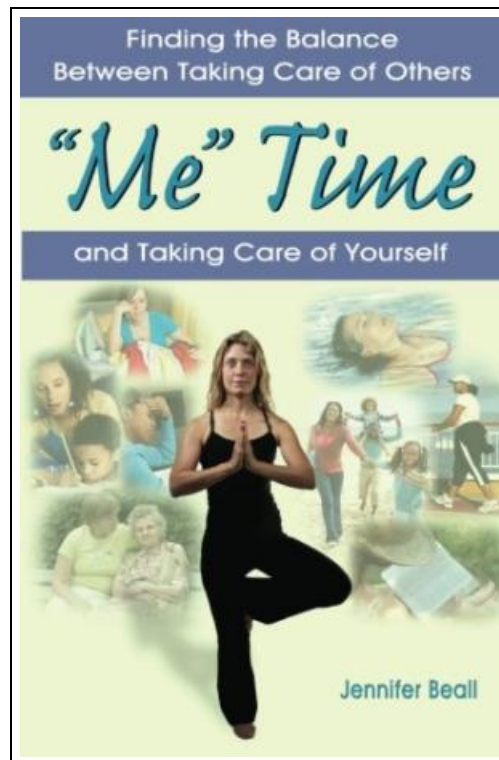


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YourBalance Publications. Paperback. Book Condition: New. Paperback. 318 pages. Dimensions: 8.5in. x 5.5in. x 0.8in. Me Time: Finding the Balance Between Taking Care of Others and Taking Care of Yourself was written for anyone who spends so much time and energy taking care of everyone else that there is little time or energy left for self-care. You will recognize yourself in the books stories and think, This book is about me! How did she get inside my head You will find explanations for things that you didnt know you needed to have explained. You will read about Adult Children of Alcoholics (ACoAs) and codependency; if youve never heard of them before, you will come to understand what they have to do with you. And even if you do know what it means to be an ACoA andor codependent, this book will offer some new perspectives on those issues. If you have enjoyed the works of Melody Beattie, Pia Mellody, John Bradshaw, Karyl McBride, and others, you will find this book useful, as well. You, like many (or maybe even most) people, probably had parents who were not able to meet your childhood emotional needs adequately. It may have been because their parents didnt meet their needs, so they didnt know how to meet yours. One of your parents may have been an alcoholic or addict. (The term addict is used to describe more than just chemical addictions; it includes other addictions, including work, shopping, and food, among others.) There may have been a divorce, separation, or death. Or someone in your family may have had a chronic mental or physical illness. Youll come to realize while reading Me Time that, while all of these situations are different, many of the results are the same. The book normalizes your experience and...



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