



Never Good Enough

By Carol Cannon, Cannon

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Never Good Enough By Carol Cannon, Cannon

Anne felt she could never please her parents. When she did something well, the usual response was, "You can do better." In her eagerness to please, she became a world-class giver. After two marriages and submerging herself in her work, she neglected her own child's need for affection. Follow in the path of her mother, the daughter started a pattern of abusive relationships and continued the cycle of codependence. Addiction and codependence can begin during the unsuspecting years of childhood, a time of innocence.

Never Good Enough, by Carol Cannon, looks at the reasons behind addictive and codependent behaviors. Addiction is a no-fault disease, and understanding this can help in overcoming the behavior that ties us down.

The good news is that change is possible. Carol Cannon draws on a wealth of experiences from her work as a therapist to provide examples of success, strength, and hope in winning the battle over addiction and codependence.

Carol Cannon is the program director at The Bridge, which provides extended care for dependency disorders, specializing in the treatment of hidden addiction along with chemical dependency.

Book Specs

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Table of Contents

Introduction

The Impact of Codependence on Christian Families

Hidden Addictions Among Christians

The Anatomy of a Dysfunctional Family

Thrice Born: Recovery from Codependence

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