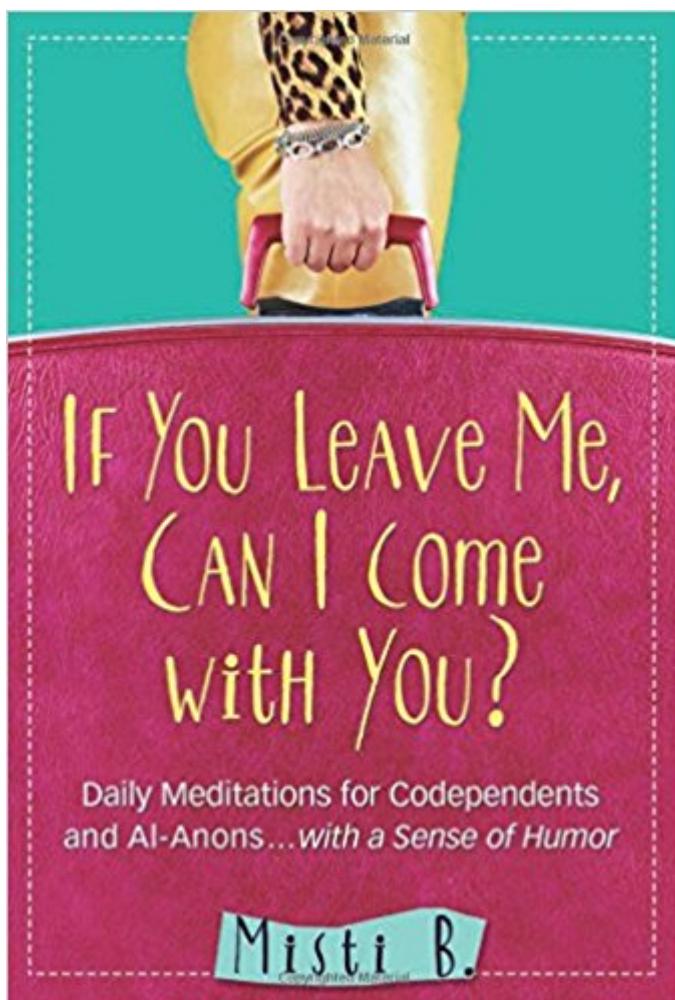


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# If You Leave Me, Can I Come With You?: Daily Meditations For Codependents And Al-Anons . . . With A Sense Of Humor



## Synopsis

Daily meditations that provide healing insight with a lighthearted touch into the common struggles that codependents and those in Al-Anon frequently face. By the time I'd gotten to Al-Anon, people responded with "Thank God," or "It's about time." I wasn't a horrible person. It's not like I had buried bodies under my floorboards. I was just a little dramatic and a tiny bit controlling. • "Misti B. Most people in the throes of codependency's problematic behaviors typically don't see their plight as a laughing matter. And yet, judging by the peals of laughter often heard coming out of Twelve Step meeting rooms, many eventually do find the humor in their self-defeating thoughts and actions. If You Leave Me, Can I Come with You? is full of refreshingly original meditations for each day of the year. Infusing her wisdom with self-revealing honesty and humor, Misti B. provides healing insight with a lighthearted touch into the common struggles that codependents and those in Al-Anon frequently face. Issues such as people pleasing, lack of boundaries, and perfectionism don't have to overwhelm us if we work a solid Twelve Step program and learn not to take ourselves so seriously. Misti B. shows how to do both, delivering the right mix of support, inspiration, and healthy irreverence.

## Book Information

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## Customer Reviews

These 365 daily reflections by a recovering co-dependent provide a breath of fresh air in the recovery movement. Of course, addiction and recovery are very serious topics, but by adding a bit of humor to the mix, this book makes the process seem less formidable. There's no denial here.

Misti B. keeps her eye squarely on the issues at hand. One of the things which she learned at Al-Anon, however, is that a little bit of humor helps the wisdom go down. Your customers will find plenty of both wisdom and self-reflective humor in the pages of this book.â •-Anna Jedrzewski, Retailing Insight (formerly New Age Retailer) April/May 2016

Introduction: Â Let's face it, Al-Anons aren't especially known for our humor. (Go ahead, do an online search for "Al-Anon" or "co-dependent" and "humor" or "funny"). The silent sufferers--the hall monitors--of the recovery community, Al-Anon lives are the stuff of country music lyrics. We've got a reputation for taking the fun out of a party and popping all the balloons afterwards.Â Until now. If You Leave Me, Can I Come With You? Humorous Meditations for Al-Anons & Co-Dependents in Recovery was written to bring humor to anyone recovering from the harsh realities of substance abuse. It's high time we threw a party in honor of our own growth!Â --This text refers to an out of print or unavailable edition of this title.

I bought a few copies - one for me - then, three for friends who have a difficult time letting go of their relationships. I expected it to be cute, but the humor and thought-provoking topics surpassed my expectations. The pages are like chips - you can't read just one! I also realize that, though the cover says it's for people in certain "recovery" programs, it is a wonderful gift for anyone who has ever been tempted to just "drive by" HIS apartment to see if his lights are on! LOL I tried to look up other books by the same author, but couldn't find any. I hope she writes more! I'm going to keep a few on hand as gifts for anyone going through a break-up. They will be better off with this book, than their sick relationship! : )

This is a great daily reader for a little boost of humor and stress relief - particularly for those of us who cope with family and friends with addiction. Each day has a one page meditation but you can really flip to any page to find some great insight and encouragement. Misti tells it like it is, like she's your good friend, and her own recovery is apparent throughout. Just a great little book to have around.

I was having a bad week and found this when I loaded up my new tablet. I began reading it and my week changed dramatically. Humorous yet helpful, these short reads have helped to improve my outlook on life. Great to have on hand for a quick read (just read the daily one to two page help) and I'm on my way.

I am an adult child of an alcoholic who needs to brush up on her sense of humor...it has actually been a prayer that has been simmering on my back burner that this book took to task and rejuvenated! Please know that I am being so loved and having my rigidities cracked wide open as I read your daily meditations. Thank you Misti for sharing your life with us in this way.

This is a fantastic book for those who enjoy laughing at themselves and who take their recovery from codependency seriously. Refreshing and enjoyable to have on my night stand to flip open and reflect.

Thought this might be a funny take on relationships with some helpful advice. Like other comments I think the humor doesn't quite reach the audience. I appreciate sarcasm and can certainly open up to the idea of lightening up what could be a very heavy and serious topic. Overall it is an easy daily reader it just doesn't have a wow factor for me.

Each daily reading brings a smile and is a little bit of sunshine to help the clouds go away.

Cute and refreshing with good words of wisdom. Enjoying it daily.

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