



Don't Leave !!!! Codependency and Attachment

Mary Crocker Cook

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Don't Leave!!!! Codependency and Attachment was written as a “lay-person” version of *Awakening Hope. A Developmental, Behavioral, Biological Approach to Codependence*. *Awakening Hope* is used as a textbook in Alcohol and Drug programs in the United States. This is the “fun” version, and I hope you enjoy reading it as much as I enjoyed writing it.

About the Author:

Mary Crocker Cook, D. Min., LMFT, LAADC, CADCI is the Program Coordinator for the San Jose City College Alcohol and Drug Study Program, and is the author of several recovery-oriented books:

- *Awakening Hope. A Developmental, Behavioral, Biological Approach to Codependency Treatment.*
- *Afraid to Let Go. For Parents of Adult Addicts and Alcoholics*
- *Codependency and Men. Where Attachment, Gender Role, and Adrenal Fatigue Meet.*
- *"Wake Them Up and They Will Listen To You! Psychoeducation Strategies for Chemical Dependency Counselors" —Mary Crocker Cook and Chris Packham*
- *Welcome to My World. A week in the life of a substance abuse counselor.*

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