



# Codependency Conspiracy: How to Break the Recovery Habit and Take Charge of Your Life

By Stan J. Katz, Aimee Liu

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This explosive program redefines addiction, codependency, and self-help. Using the author's clinical experiences, it shows how self-help methods can actually promote dependency, and offers options as well as positive, proven strategies for finding helpful therapies.

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*By Stan J. Katz, Aimee Liu*

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### Editorial Review

#### From Publishers Weekly

Most self-help programs do more harm than good by promoting dependency, charge Beverly Hills psychologist Katz and coauthor Liu ( *The Success Trap* ). Bound to elicit protests from the self-help movement, their severe indictment is based on cases cited here ranging from obsessions to drug addiction. Katz and Liu differentiate between two types of remedial programs: organizations that treat all unwanted behavior as a "disease" affecting the "hurt child within" and that require lifelong adherence to principles relating to a Higher Power; and mutual-support groups limited to helping members cope with specific, short-term problems. The authors' eight-point program, intended to foster reliance on one's own healing powers, stresses dealing with one goal at a time and acknowledging past influences while developing present strengths and resources.

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#### From Library Journal

Katz and Liu, coauthors of *False Love and Other Romantic Illusions* ( LJ 9/15/88) and *The Success Trap* (Ticknor & Fields, 1990), paint a damning picture of the self-help movement and its leaders. Stating that codependency "is not a disease but, at best, an idea and, at worst, a scam," the authors contend that 12-Step programs and codependency recovery groups promote lifelong dependency and victim behavior at the expense of self-discipline in solving life's problems. However, the authors' research seems limited to Katz's own experiences as a therapist. Katz and Liu offer an alternative, detailed, ten-step plan for identifying and attacking problems. While they fail to acknowledge that many people derive positive benefits from the 12-Step program, their book is the only one this reviewer has seen that provides an alternative view. Consider for large self-help collections.

*-Linda S. Greene, Chicago P.L.*

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