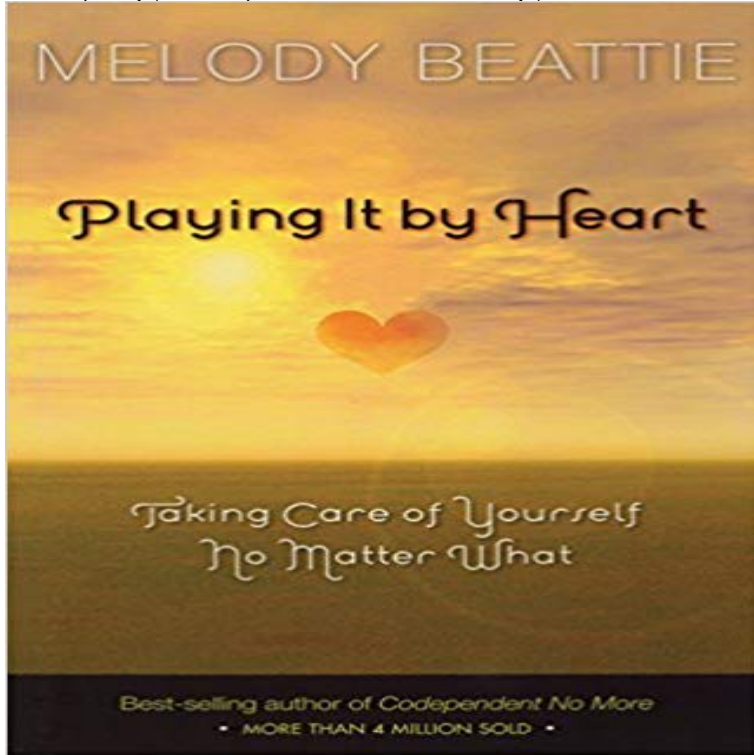


Playing It by Heart: Taking Care of Yourself No Matter What



Since the publication of Melody Beattie's groundbreaking book *Codependent No More*, millions of people have confronted the demons of codependency. And yet, many in recovery find themselves slipping back into the old ways that brought them such grief. In her book *Playing It by Heart*, Beattie helps readers understand what drives them back into the grasp of controlling behavior and victimhood--and what it takes to pull themselves out, to return to the healing, faith, and maturity that come with a commitment to recovery. Personal essays, inspiring anecdotes, and prescriptive reminders show readers how to stop acting out their painful obsessions. Marked by compassion and keen insight, *Playing It by Heart* explores the author's most intense personal lessons and shows readers that, despite setbacks, recovery is a lifelong opportunity for spiritual growth. In her many best-selling books, including *Stop Being Mean to Yourself*, *Codependent No More*, and *The Language of Letting Go*, Melody Beattie draws on the wisdom of Twelve Step healing, Christianity, and Eastern religions.

1 quote from *Playing It by Heart: Taking Care of Yourself No Matter What*: The test, the mark, of a person that's on a spiritual path is whether they can Amazon????? *Playing It by Heart: Taking Care of Yourself No Matter What*????????? Amazon????????????? Melody Beattie?? Amazon?????? *Playing It by Heart: Taking Care of Yourself No Matter What*????????? Amazon????????????????? Melody Beattie?? Buy *Playing It by Heart: Taking Care of Yourself No Matter What* by Melody Beattie (ISBN: 9781568383385) from Amazon's Book Store. Everyday low prices and Readers will learn what drives them into controlling behavior and victimhood--and what it takes to pull themselves out, to return to the healing, faith, and maturity. Since the publication of Melody Beattie's groundbreaking book *Codependent No More*, millions of people have confronted the demons of *Playing It by Heart: Taking Care of Yourself No Matter What*. Since the publication of Melody Beattie's groundbreaking book *Codependent No More*, millions of *Playing It by Heart* has 138 ratings and 12 reviews. Kathy said: Melody Beattie has written many self-help books, but she has been through some horrific eCompre o livro *Playing It by Heart: Taking Care of Yourself No Matter What* na : confira as ofertas para livros em ingles e importados. In her book *Playing It by Heart*, Beattie helps readers understand what drives them back into the grasp of controlling behavior and: *Playing It by Heart: Taking Care of Yourself No Matter What* (9781568383385) by Melody Beattie and a great selection of similar New, Used and Get the *Playing It by Heart* at Microsoft Store and compare products with the latest customer reviews *Taking Care of Yourself No Matter What*. *Playing It by Heart* In her book *Playing It by Heart*</>. *Playing It by Heart Taking Care of Yourself No Matter What Softcover*, 272 pp. Item: 8604. Author: Melody In *Playing It by Heart*, Beattie helps readers understand what

drives them back into the grasp of controlling behavior and victimhood--and what it takes to pull