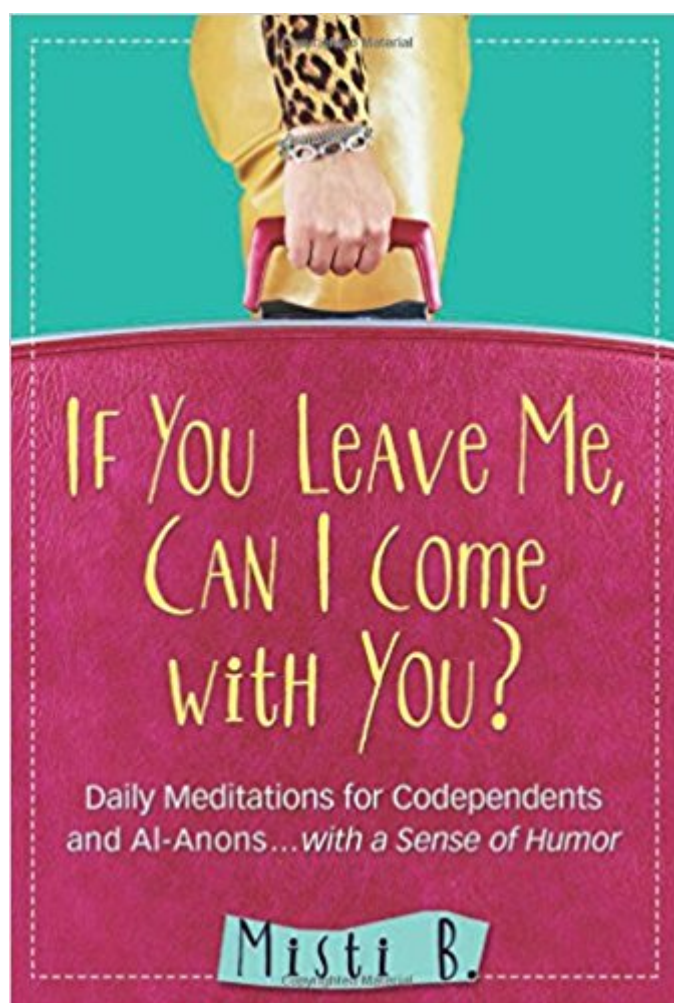


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# If You Leave Me, Can I Come With You?: Daily Meditations For Codependents And Al-Anons . . . With A Sense Of Humor



## Synopsis

“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

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 is, like she’s your good friend, and her own recovery is apparent throughout. Just a great little book to have

around.

Misti B. nails that area that is so lacking for many books and people in the recovery community: HUMOR! She is funny, self-effacing and has a daily meditation that reminds me that Life is Short.. and so am I. And when I'm short on humor, I know where to find some, daily. I can't recommend this book highly enough!

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 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! : )

"If You Leave Me Can I Come With You is one of the most incredible works of literature I have ever had the pleasure of reading. A living piece of literary genius. A book no person who has ever loved or wishes to be loved should be without. I laughed, I cried, I grew up".Monty Dale MeyerCEO Take 12 Recovery RadioPresident KHLT Recovery Broadcasting[...]

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.

I bought the book not knowing what to expect and I was delighted to read a lighthearted, soul searching daily approach to recovery of our inner spirit. The book is worth reading on a daily basis much like a horoscope of daily reflections, Quite inspiring and tangible to the heart. Her perspective

reflects her inner personality guided by her own humorous self inspection. Definitely a Read.

This book is delightful! Misti B. is smart and funny and breathtakingly honest. Some of these pages are hilarious! I recommend not only for the "recovery" community, but for anyone who is interested in personal growth and believes that the ability to laugh at one's self is a virtue. This may be a daily reader, but I can't put it down.

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