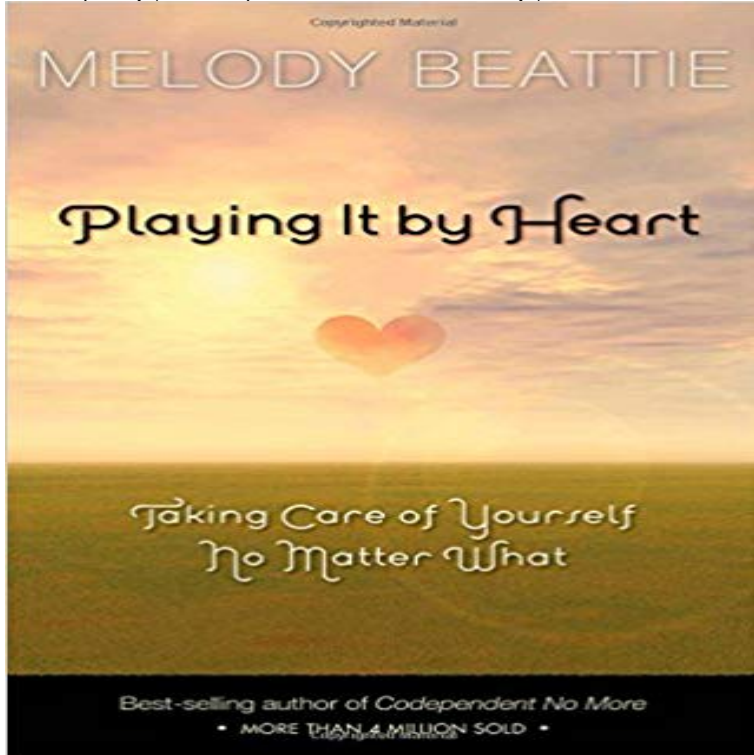


Playing It by Heart: Taking Care of Yourself No Matter What



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.

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 themselves out, to return to the healing, faith, and maturity. *Playing It by Heart: Taking Care of Yourself No Matter What* Softcover, 272 pp. Item: 8604. Author: Melody Beattie. Compre o livro *Playing It by Heart: Taking Care of Yourself No Matter What* na : *confira as ofertas para livros em ingles e importados*. In the autobiographical, *Playing It by Heart: Taking Care of Yourself No Matter What* Author Melody Beattie tells her story from her days as an addict, through her recovery. *Playing It by Heart: Taking Care of Yourself No Matter What, Paperback - Melody Beattie - - 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*. 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. *Playing It by Heart: Taking Care of Yourself No Matter What Paperback September 24, 1999. Since the publication of Melody Beattie's groundbreaking book Codependent No More, millions of people have confronted the demons of codependency. Start reading Playing It by Heart: Taking Care of Yourself No Matter What Unabridged by Melody Beattie (ISBN: 9781574533941) 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*. Buy the Paperback Book *Playing It by Heart* by Melody Beattie at Barnes & Noble. + Get Free Shipping on Health and The Paperback of the *Playing It by Heart: Taking Care of Yourself No Matter What* by Melody Beattie at Barnes & Noble. FREE Shipping on \$25. In *Playing It by Heart: Taking Care of Yourself No Matter What*, Melody Beattie (author of *Codependent No More*) addresses the issues involved with why

*people*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 e