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I'm the author of Codependency for Dummies, Conquering Shame and Codependency: 8 Steps to Freeing the True You, and 7 e-workbooks that have helped thousands of people.. As a relationship expert, over the course of 30 years I've helped people overcome self-defeating beliefs and behaviors. As they more fully express their true Self, they experience greater life satisfaction.

## **Darlene Lancer, JD, MFT**

By Darlene Lancer . If you wonder whether you may be codependent, you're not alone. Different types of people may behave in a codependent manner, and codependence manifests in varying degrees of severity. Not all codependents are unhappy, while others live in pain or quiet desperation.

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