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Pia Melody is an internationally renowned lecturer on the childhood origins of emotional dysfunction. Her recovery work-shops have benefited people all over the world and her bestselling books have been translated into many languages. She is a member of the faculty at The Meadows Treatment Center, a residential center for victims of trauma, emotional abuse, and addictions, in Wickenburg pia melody: 4 Books available | chapters.indigo.ca  
Revised and Updated With Over 600,000 Copies Sold Pia Melody creates a framework for identifying codependent thinking, emotions and behaviour and provides an effective approach to recovery.

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[Breaking Free: A Recovery Handbook for "Facing ...](#)

In her pioneering Facing Codependence, Pia Melody traced the origins of codependence back to childhood and a wide range of emotional, spiritual, intellectual, physical, and sexual abuses. Now in this innovative new workbook, she presents a step-by-step journal-keeping method for moving toward recovery from codependence. Based on such concepts

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Pia Melody creates a framework for identifying codependent thinking, emotions and behaviour and provides an effective approach to recovery. Melody sets forth five primary adult symptoms of this crippling condition, then traces their origin to emotional, spiritual, intellectual, physical and sexual abuses that occur in childhood.

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Pia Melody, Pia Melody, Senior Clinical Advisor for The Meadows and Clinical Consultant for Melody House and Dakota, is known and respected as a preeminent authority, lecturer and educator in the fields of addictions and relationships.

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### **A Model for Conceptualizing the Treatment of Trauma**

...

6 - Pia Melody Functional Adult Skills 1. Esteems from within in the presence of his/her humanity. 2. Able to be intimate with moderate vulnerability.

### **Pia Melody - Original Boundaries**

Codependency, co dependents, recovering from codependents.