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Darlene is a frequent guest speaker on radio and is a presenter at colleges, universities, and various organizations, including the California Bar Association. Her articles have been published widely in professional and popular periodicals. Look for her Kindle ebook, *10 Steps to Self--Esteem*.

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I'm the author of Codependency for Dummies, Conquering Shame

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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

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I think that Darlene Lancer's book, Codependency For Dummies (2015) is a good introduction to the topic for people who know very

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little about it. While not intended to be a substitute for work with a licensed, experienced therapist, the book offers specific, helpful strategies for releasing negative patterns that can easily be practiced in daily life.

Codependency for Dummies by Darlene Lancer

Darlene Lancer, JD, LMFT is a marriage and family therapist. She is a relationship expert and author of "Codependency for Dummies" and "Conquering Codependency and Shame: 8 Steps to Freeing the True You." In her private clinical practice, she has treated individuals and couples for over 27 years.

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