



Escape from Codependent Christianity: From Religious Control to Spiritual Freedom

James Richards

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Many Christians are painfully codependent, and never get free. A codependent lifestyle is a miserable, fearful life. From never feeling secure, to the need to always be in control, the extremes of codependency fuel the chaos and pain in our lives.

In *Escape from Codependent Christianity*, Dr. James B. Richards examines this common phenomenon in light of the truth of Scripture. Codependency is not complicated. It involves depending upon others for what we have no right to expect from them. Codependents often fall into the trap of living on other people's approval for their own sense of self-worth. They may depend on others for decisions or happiness. No matter what the needs are, the key to codependency involves trying to get from others what people cannot truly give.

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