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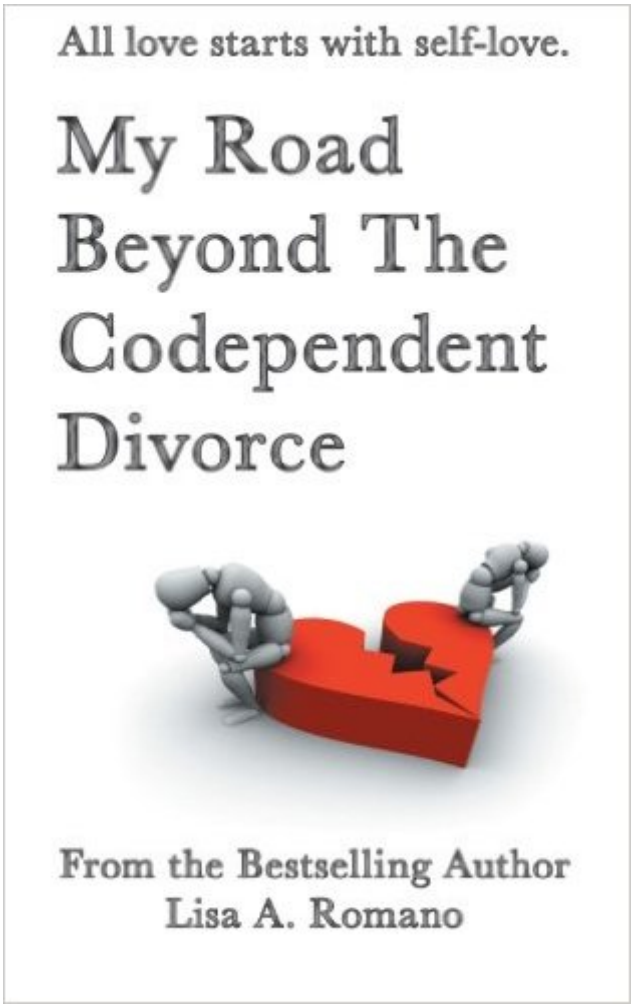
My Road Beyond The Codependent Divorce



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Synopsis

My Road Beyond The Codependent Divorce is a sequel to The Road Back To Me. Â Readers have asked me 'why' I chose to divide my story into two books. Â My answer is simple. Â If you are an Adult Child from a dysfunctional home, it is all but guaranteed that you have been taught that your childhood perceptions were unimportant. Â You have more than likely been brainwashed to feel like 'you are NOT enough.' My first book The Road Back To Me is all about the experiences of childhood. Â Because I believe that who we are as adults is the direct result of what we were programmed to believe about Self when we were children, I felt the absolute need to honor the child experience of a child from a dysfunctional home. Â Had I written the story in one book, I considered that the emotional childhood experience might be lost in the powerful way My Road Beyond The Codependent Divorce ends. Â Adult Children deserve and need to find a space to honor the wounds that have been created in childhood. Â The Road Back To Me, I hope, helps other ACoA and GCoA's find that space. Â My Road Beyond The Codependent Divorce is written to encourage and support those of us who feel the need to move out of dysfunctional marriages and family relationships. Â It is an inspiring and uplifting story as its ending resembles a fairy tale. Â It is my hope that YOU the adult child learn to love the self--and that perhaps my journey told through my books helps you remember that within you--far beyond the things that have been done to you--YOU ARE ENOUGH! Much love to you."--Lisa A. Romano

Book Information

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Customer Reviews

Lisa is a powerful, direct, poignant and inspired writer. In this book, she allows us to take the journey from dysfunctional co-dependent married partner to single, empowered and forward thinking mom of three. I'd read Lisa's first book, The Road Back To Me, and wanted to know what would happen to her during this point in her personal evolution. What a spiritual and emotional ride she's been on!Despite having all the trappings of life, Lisa describes the challenges she had as she tried to mend her marriage and relationship. But she also takes us on the deep and sometimes painful emotional journey of deep healing, self-redemption and, finally, forgiveness. She also helps us understand and 'get' how debilitating and trapped we would feel if we didn't try to get past the co-dependent issues and dramas of our lives.This is a powerful book. Depending on where you are at in your own journey, get ready to find your box of tissues and cry for her pain - and possibly your own pain - as she identifies, realizes, redefines and then lifts us up with her as she finds her ultimate joy and spiritual center.Interspersed in the story of her life, Lisa fully helps us understand how challenging it is to 'find your voice,' and what it took for her to be true to herself. In all of that, she helped me understand what I had done well and could do better in my own life.I highly recommend Lisa's book to all who wish to heal, live in joy and find unconditional love - for themselves and all the people they touch.Lisa, thank you for writing your book. It moved me deeply.Julia HidyEnergy for Your Life: Seven Energy Giving Habits You Can Use Every Day To Get, Keep & Use Your Energy Better & Stay Positive Longer (Energy for Your Life Series)

Many thanks for writing this book. Felt as if it were my own story, one I never talk about, written out in near perfect and exact detail. Lisa's bravery and strength is such a rare encouragement to those living in similar situations. My only question would be about the apology section...it's difficult to understand why making the most difficult but healthy decision for your family could ever warrant an apology. The only thing the kids lacked was wealth. Being raised by a healthy mother, taken away from a dysfunctional environment that they were made aware of and will know not to repeat, was likely the best gift Lisa could have ever given them.

I was happy to see the next book, "My Road Beyond The Codependent Divorce", come out after "The Road Back To Me". Both great reads, that a lot of us can relate to in our own lives.

This is the exact book I need! I just received it yesterday and am already half way through it. Lisa's style of writing just speaks so eloquently to my heart. It is as if she is writing my story. Her first book, "The Road Back to Me" was also one I couldn't put down. I read the whole book in one day. I have

felt so fortunate to have found Lisa's work on YouTube. Since finding it on Feb. 1, 2016, I have been binging on them daily (some days up to 10 videos a day). I have been seeking and searching high and low to find out what my problems stemmed from, why I felt so stifled and unheard?Why was I never quite good enough for anyone? Thankfully my prayers and pleas were heard and I landed on Lisa A. Romano's YouTube videos. I can honestly say my life is taking an incredible change. My brain is literally being rewired. SOMEBODY finally understands me. I am not crazy after all, I am codependent. WOW, who knew? Lisa knows and I thank God (Source) for leading me to her site and her books and workshops.If you feel unheard, invisible, not worthy, or good enough, you NEED to read this book!!! The answers and tools she provides are literally priceless! I AM forever grateful for her work. Her work NEEDS to be available worldwide! There are so many of us on this planet that learned to smile on cue, tell others "I'm fine" all the while we are dying on the inside! It's not our fault, it's our childhood programming! Thank you Lisa for all that you do!

In her story of her walk through a Codependent Divorce; Lisa A Romano explains her journey through a divorce from an unawakened person while she, herself, details the process of self-care while detaching from her past programming. We enjoy the walk through to enlightenment while she accounts for the hardships of single-parenting. This is easy (non-overwhelming) reading without the triggers while guiding you to the tools and mindset of recovery.

Another well written book, I could not put it down finished it a few hours. Lisa teaches us the tools , to love ourselves, about narcisstic people and how they drag us down, I would encourage anyone trying to heal from the pain of alcoholic homes, narcisstic people , to read this book.

Wow it made me see things about myself that I had dismissed before as my fault or things I carried guilt over - so many similarities. I needed to read this to know that I am fixable and worthy, and loveable for being myself. Now I'm working on learning what it is that I like and what makes me happy.

Lisa's writing is authentic and speaks to the heart of this dis-ease of the spirit, mind and heart. This book is for anyone who is looking for the validation of their wounds that didn't have a name or words to express their painful experiences. This work added the missing color to the pictures of my life's canvas.

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