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on alcohol and drug addiction. In this book, she explains the link between childhood trauma and the inability to have healthy relationships as an adult.

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invisible and symbolic "fences" that have three purposes: 1. to keep people from coming into our space and abusing us 2. to keep us from going into the space of others and abusing them 3.

Setting Functional Boundaries

For several decades, Pia Mellody has been encouraging people to remember and

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rediscover the truth behind the masks and to face reality without addiction. For her, what started as a journey to understand the dis-ease of codependence, so that she could better help her clients, turned into an elegant, comprehensive model for addiction recovery.

**Facing the Truth
Behind the Mask |
Dr. Jon Caldwell**

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In her pioneering
Facing Codependence,
Pia Mellody traced the
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codependence back to
childhood and a wide
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abuses. Now in this
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They're by Pia Melody, and I'm going to recommend two books, and we'll start with Facing Codependence. Codependence is a word that's used a lot,

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but really rarely understood, and this book isn't just about relationships for me.

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