

Wright

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together the interdependent voices of her many human relationships.

To this end, she wrote: "The truth is, I'm bound to have conflict with others because I am unique and am built differently than anyone else on the planet. I will never meet another person with whom I agree on everything. I will have differences of opinion with others and this will lead to disagreements. It's normal. It's human."

A practical guide

This book is not only a visceral memoir; it also offers much practical insight for codependents and those who seek to understand them better. The final section is dedicated to this, and nicely separated into a rigorous example of self-examination, a discussion of the 12 steps of Co-Dependents Anonymous (CoDA), and a detailed program of recovery.

Most importantly, Wright does not just regurgitate laundry lists, but interjects herself as exemplar, showing the ups and downs of a real person going through the CoDA recov-

ery process. This is priceless information for someone trying to get a grasp of how it all works – or doesn't, as the case may be.

Through it all, Wright, a devout Quaker, describes herself as a "grateful, recovering codependent" and greatly relies on her faith to reclaim life as a beautiful place. Her writing retains a near-intimate connection with the reader, as if still clinging to the codependent trait of wanting to do for others - with the vital distinction of now showing us she has internalized the difference between destruction and altruism.

"Someone else out there has had the same feelings, suffered losses and abuse, and has found peace, strength and never-ending faith," she said. "You are okay for feeling this way. You are okay even if some of these things have happened to you. You can be happy. You can recover. Maybe after reading this book the reader will be inspired to have a relationship with God, begin a recovery program and take the steps toward leading a happier life."

"Everything is My Fault: One Woman's Journey Through Co-Dependency" (2012, Hidden Angel Publishing, \$35.00, Softcover,

\$9.99 Kindle edition, 305 pages) is available for sale at select local bookstores and at amazon.com. Info: www.hiddengel.net

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