



From Bondage to Bonding: Escaping Codependency, Embracing Biblical Love (Book Club Edition)

Nancy Groom

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From the Publisher **BREAKING FREE IS ONLY HALF THE BATTLE**. Most teaching on codependency focuses only on how to break free from unhealthy relationships and establish independence and self-esteem. But "the freedom that moves us toward intimacy," says Nancy Groom, "is not merely freedom from codependency, with its fear and loneliness-it's also freedom to love, without control and manipulation. "In this thorough and nontechnical guide to assessment and recovery, Nancy Groom takes you beyond simply escaping codependency. She goes on to help you tackle the tough questions you'll face as you emerge from destructive relationships. If you want to escape a way of life that keeps intimacy, authenticity, and spiritual vitality in bondage and discover how you can bond to God and others with passion and boldness, join Nancy Groom for a powerful journey-from escaping codependency to embracing biblical love. "Personally, this is the most helpful book I've read in the past several years. Upon finishing it, I immediately began going through it a second time. "-Dr. David R. Mains, Chapel of the Air"It's about time we looked at codependency through biblical eyes. Groom discusses the journey from bondage to bonding with such clarity that we feel compelled and encouraged to begin our restoration process immediately. She gives rejuvenating hope to all who choose to be set free. This is a must-read for everyone! "-Marilyn Meberg, M. A. , psychologist in private practice, Newport Beach, California"Few, if any, authors have unfolded such a clear, liberating path to recovery as has Nancy Groom. Moving from a life of isolation and bondage into one of deep intimacy and community is not just a theory in From Bondage to Bonding.It'sa reality awaiting everyone who is willing to risk. "-Marilyn LeVan Chambon, M. A. , counselor and workshop leader, Colorado Springs, Colorado

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