



# **If You Leave Me, Can I Come With You?: 365 Humorous Daily Meditations for Al-Anons & Codependents**

*Misti B.*

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## **If You Leave Me, Can I Come With You?: 365 Humorous Daily Meditations for Al-Anons & Codependents** Misti B.

Have you ever awakened in the middle of the night to rehash a conversation that happened yesterday, or even years ago? Ever stalked someone online, at work or at home, or found yourself holed up in the trunk of a lover's car, just so you could be "close" to them? If you find yourself frazzled, anxiety-ridden and perplexed by people, places or things, this book is for you. These Daily Meditations are for controllers, Al-Anons, codependents, or anyone else who really needs to lighten up.

*I was invited to Al-Anon by a friend. I wasn't really invited; it was more like I was told to go. As in, "There's a meeting on Third. Good luck, and don't ever call me again." By the time I'd gotten there, I'd exasperated enough of my loved ones that no one said, "Really? You think you need help?" Most people responded with, "Thank God," or, "It's about time!" I wasn't a horrible person. It's not like I had buried bodies under my floorboards. I was just a bit dramatic and a little controlling.*

( March 9th excerpt)

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