



If You Leave Me, Can I Come With You?

365 Daily Humorous Meditations for Al-Anons & Codependents

by Misti B.



Non-Fiction - Self Help

386 Pages

Reviewed on 09/08/2014

Book Review

Reviewed by Suzanne Cowles for Readers' Favorite

If You Leave Me, Can I Come With You? 365 Daily Humorous Meditations for Al-Anons & Codependents by Misti B. is a refreshing look at all the things wrong with most of us. I say that lovingly, because I have never met someone who either was not the source of relationship drama or the other person happily addicted to it. In therapy, they call these people codependents. Whether you are recovering from substance abuse or being someone's doormat, this 365-day calendar will remind you, one day at a time, to focus on what you can control. Some of the suggestions are about listening to the voice in your head, being a control freak, how to be present in the moment, having an overactive brain, being impulsive, changing in a static world, and fear of authority. I especially loved "The One" for those who have a strong attraction to the wrong kind of person. Though written with an air of Erma Bombeck sarcasm, I found the core of what Misti was saying to be true to life.

Misti offers her own experiences and observations from attending Al-Anon meetings and wrote this book to lighten the gravity of recovery with laughter. I thought that If You Leave Me, Can I Come With You? 365 Daily Humorous Meditations for Al-Anons & Codependents by Misti B. was cute, but brutally honest and displays character traits true of anyone who has an addictive personality. This intelligent book offers inspiration and reminds us that hope is on the horizon.