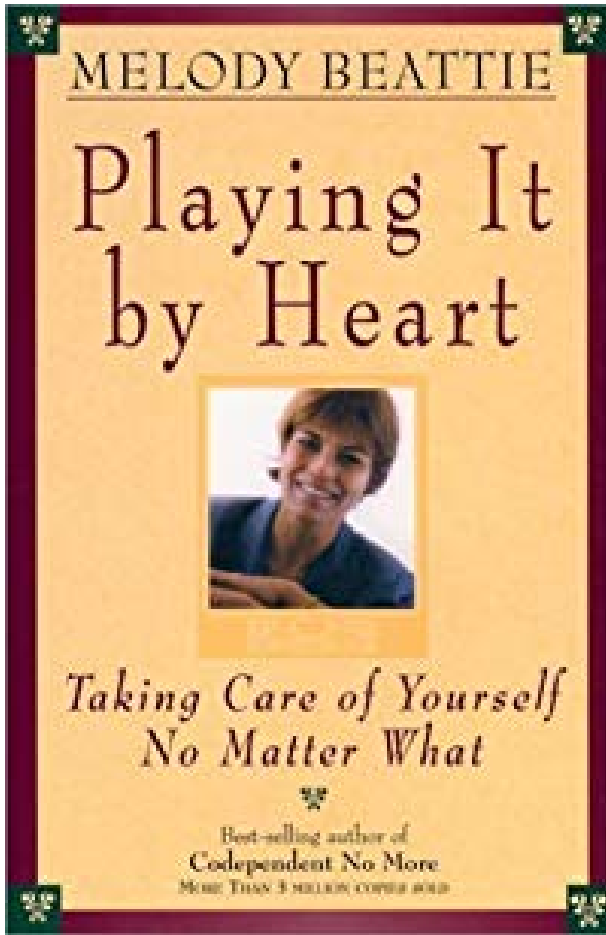


Playing It by Heart: Taking Care of Yourself No Matter What



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"Beattie understands being overboard, which helps her throw best-selling lifelines to those still adrift."
----TIME Since the publication of Melody Beattie's groundbreaking book, *Codependent No More*, millions of people have confronted the demons of codependency. And yet, many in recovery find themselves slipping back into the old ways that brought them such grief.

In her newest book, Beattie helps readers understand what drives them back into the grasp of controlling behavior and victimhood--and what it takes to pull themselves out, to return to the healing, faith, and maturity that comes with a commitment to recovery. Personal essays, inspiring anecdotes, and prescriptive reminders show readers how to stop acting out their painful obsessions.

Marked by compassion and keen insight, *Playing It by Heart* explores the author's most intense personal ones and shows readers that, despite setbacks, recovery is a lifelong opportunity for spiritual growth. In her many best-selling books, including *Stop Being Mean to Yourself*, *Codependent No More*, and *The Language of Letting Go*, Melody Beattie draws on the wisdom of Twelve Step healing, Christianity, and Eastern religions.