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**Soul Healing Conversations**  
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**July 15th 2020: Codependent No More**

Planning your life around someone else's, people-pleasing, allowing your mood and behavior to be changed because someone else's does, enabling negative or toxic behavior... All to these things, and more, point to codependency. When we live a life of codependency we use others as a crutch and stunt our own growth and development. Join Roz Kincaid in this episode of Soul Healing Conversations for an honest and real conversation on Codependency and overcoming the need for approval.



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