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One Hour AT A Time

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October 21st 2013:Codependency with Guest Patricia O'Gorman, Ph.D.

What is Codependency and why it is being said to be good for you? Join Dr. Patricia O'Gorman, author of *The Resilient Woman* (2013), and *Healing Trauma Through Self-Parenting: The Codependency Connection* (2012), and Mary Woods for a probing discussion of the history of the term "codependency" and why it is now being heralded as 'good news' for trauma survivors.



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Featured Guest



Patricia O'Gorman, Ph.D.

Patricia A. O'Gorman, Ph.D., is an internationally renowned psychologist, coach, and public speaker. She is recognized for her work with women and children of alcoholics, focusing on trauma. Her warm, humorous persona has made her a favorite inspirational speaker. Her latest book, *The Girly Thoughts 10-Day Detox Plan: The Resilient Woman's Guide to Saying NO to Negative Self-Talk and YES to Personal Power* is a prequel to *The Resilient Woman: Mastering the 7 Steps to Personal Power*, published in 2013. For more information on Dr. O'Gorman and her books, visit: patriciaogorman.com

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