

# ADDICTION & FAITH CONFERENCE

## BREAKOUT SESSION

### Healing Our Codependency Is Our Pathway to Peace

Karen Casey, Ph.D.

As long as we are in the grip of codependency, we cannot experience the peace we deserve in our life.

- Learn detachment; what it looks like and how it feels.
- Learn multiple tools to experience freedom from attachment to others.
- Learn to release others so that they and we can live as God intended us to live.
- Learn how to be free from codependency.



Karen Has Authored 30 Books on Addiction, Recovery and Codependency and has more than 44 years as an active member in AA and Al-Anon. Her work as a writer and workshop leader has broadened to include books for people on any spiritual path. Her first book: EACH DAY A NEW BEGINNING: DAILY MEDITATIONS FOR WOMEN, was published in 1982 sold more than 3 million copies. Her recent books have focused on relationships and how to live more peacefully within them.