



Choices: Taking Control of Your Life and Making It Matter

Melody Beattie

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“Beattie understands being overboard, which helps her throw bestselling lifelines to those still adrift.” — *Time* magazine

From the *New York Times* bestselling author of *Codependent No More*, *The Language of Letting Go*, *Finding Your Way Home*, *Journey to the Heart*, and *Stop Being Mean to Yourself*, comes *Choices*: powerful wisdom and insight about how to make the best choices in our lives from the author who revolutionized how we look at relationships.

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