

## Linda Meyerholz, MS, LMHC

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## BIOGRAPHY

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Linda Meyerholz, MS, LMHC, is a broadcast journalist turned addictions therapist/codependency specialist.

She divides her time between writing books, leading workshops and maintaining a busy private practice in Southwest Florida, where she treats clients in the areas of dysfunctional relationships, addictions and spiritual healing.

Twenty-five years ago, Linda received a talk show assignment that changed her life. The subject: "White Collar Alcoholism & Drug Addiction." While doing that show, Linda learned that she, like a substantial number of professional women, had a problem with alcohol and legally prescribed tranquilizers.

Three months later, Linda checked into a treatment center. While there, she was challenged by the medical director to use her skills as an investigative reporter to find out what professionals were missing in the treatment of addictions that led to constant relapse.

And she's done that. Two of her books, *Recovery from Childhood in America* and *Codependency Sucks*, explain clearly how the American socialization process sets people up for addictions and painful relationships.

Linda holds a master's degree in psychology from Nova Southeastern University. She was a broadcast journalist in Denver and San Francisco, specializing in politics and consumer affairs. She also has had experience lobbying in Washington, D.C., the bedrock of American codependency.

Linda is married to a retired veterinarian and is the mother of four, stepmother to three, grandmother to ten and great-grandmother to one.