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Addiction to Love Overcoming Obsession and Dependency in Relationships

By Susan Peabody

Celestial Arts. Paperback. Book Condition: New. Paperback. 216 pages. Dimensions: 8.4in. x 5.5in. x 0.7in. Love addiction manifests in many forms, from Fatal Attraction-type obsessive lust to less extreme but nonetheless psychologically and emotionally harmful forms. The most common of these is staying in a bad relationship because of a fear of being alone—the I hate you but don't leave me relationship. In ADDICTION TO LOVE, recovering love addict Susan Peabody explains the variety of ways this disorder plays out, from the obsessively doting love addict to the addict who can't disentangle from an unfulfilling, dead-end relationship. Peabody provides an in-depth and easy-to-follow recovery program for those suffering from this unhealthy and often dangerous addiction and explains how to create a loving, safe, and fulfilling relationship. A seminal work on unhealthy and obsessive behaviors in love, and how to change behavior to have a positive relationship. This third edition includes a new introduction and revisions to the text throughout. Some symptoms of love addiction include love at first sight, excessive fantasizing, abnormal jealousy, nagging, and accepting dishonesty. Even relationships with parents, children, siblings, or friends may be addictive—dependency is not always related to romantic love. Previous editions have sold more than...



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Reviews

Extremely helpful to any or all category of men and women. It really is rally exciting throgh reading time. I am just happy to let you know that this is basically the greatest pdf i have got go through in my personal existence and may be he finest book for at any time.

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Thorough information! Its this kind of very good read. It is writter in basic words and not hard to understand. You wont feel monotony at anytime of your respective time (that's what catalogues are for regarding should you question me).

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