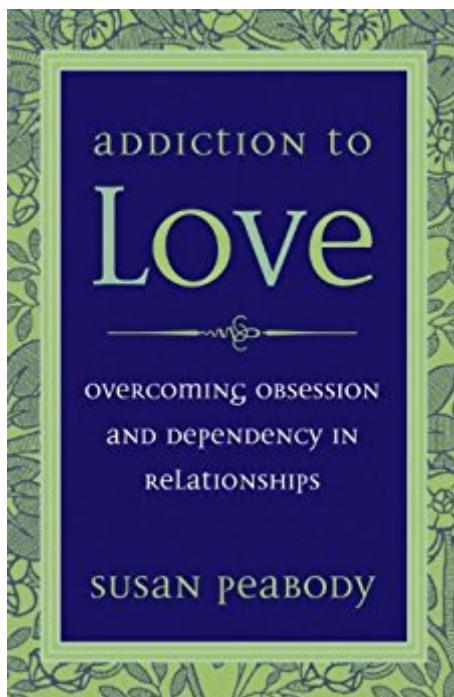


The book was found

# Addiction To Love: Overcoming Obsession And Dependency In Relationships



## Synopsis

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 40,000 copies. "Love addiction is a three-headed serpent that Susan Peabody adeptly slays. This is the quintessential book for any love addict or counselor needing to fully understand this highly prevalent and complex disorder. Susan detects and dissects aspects of this condition not comprehended in other books of its kind. Recovery is possible. This book makes it possible to take the succinct steps necessary toward a loving and reciprocal long-term intimate relationship."-Sudi Scull, M.F.T., C.N., psychotherapist and nutritionist From the Trade Paperback edition.

## Book Information

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## **Customer Reviews**

This book is a wonderful read for a person who has had a string of unsuccessful relationships and feels that the problem is everyone else! This is a book that will lead anyone to a greater level of maturity and understanding about love and how they love and how the way they love affects others. You really get an understanding of the pattern that is created by an emotional needy person and why they need and crave this love in an unhealthy way. For anyone who is dependant or codependent and may not even realize it, this is a great eye opener that helps you to look at your family history and how you perhaps were not really raised in a household that gave you that attention, validation, and emotional awareness you needed. So now you are an emotionally regressed adult looking for what you did not get growing up in relationships with not only lovers but friends. You are determined to make it work even when its not a good situation to be in. I think this read will bring anyone into self awareness and help them to be aware of others. I had to learn the difference between healthy love and unhealthy love, especially if you got some confusing messages growing up. Some people don't know they are codependant, because they are really successful and independant, people come to them for advice, but get them in a relationship behind closed doors and the needy weak inner-child comes out. This is a MUST for everyone our society does not focus on this topic enough, however we focus in on the results of love addiction suicide, shopaholics, stalkers, serial daters (no break between relationships), substance abuse, trying to be perfect for love at all costs, people who feel victimized because they keep running into the same type of emotionally unavailable person. It's all in here.

The rave reviews for this book gave me reasonably high hopes, but I found it to be almost entirely unhelpful, for several distinct reasons. It essentially describes the condition, which is about as useful to the love addict as a mirror is to somebody working on their appearance - a metric to compare against, maybe, but if you've found the book, you're already aware of the condition and what it entails. Certainly, it can be helpful in identifying habits and traits you may not have previously

associated with your love addiction, but you can do that for free by reading a bit online. The chapter titled "symptoms of addiction to love and suggestions for change" is the truly the paragon of garbage self-help books. It lists habits and qualities associated with the condition, which again is not in itself a bad thing, and then bullet point 'suggestions for change.' These include such gems as "try to face your fears," and "don't let excessive fantasizing take priority over other activities." Some are perhaps more substantial, but not much. On the whole, the chapter identifies what your habit is, and then suggests you stop doing that. An abridged edition might be printed on a notecard - "try to not be a love addict." I don't mean to be so hard on the book, as some people have obviously found it useful, but I have struggled with the issue for many years and have little patience for books that make you feel 'understood,' but offer little in the way of tangible solutions. Which leads me to my next critique - Christ is not my solution. I am not a religious person, which effectively places me outside the reach of AA, or its modified love addict-version. I don't believe in God, nor any other spiritual entity that I might substitute for him.

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