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Romance: Life And Adventures  
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# Addicted To Romance: Life And Adventures Of Elinor Glyn

Love addiction manifests in

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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

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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

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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

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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

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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

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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

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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



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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

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necessary toward a loving  
and reciprocal long-term  
intimate relationship."

—Sudi Scull, M.F.T., C.N.,  
psychotherapist and  
nutritionist

When twenty-one-year-old  
Leah Carter's latest one

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night stand burglarizes her apartment, her roommate forces her to attend therapy for sex addicts. Leah insists she isn't a sex addict; she just doesn't do relationships. After all, sooner or later, everyone

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lets you down. At first, the group sessions are little more than an education on how to be promiscuous. Until she meets the newest addict-blue eyes, killer body, and a smile that tempts relapse. Psychology student Will

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McLean is posing as a fellow addict while researching a case study on unusual addictions. But the more he learns about Leah, the more certain he is that his desire to break through her walls and unearth her

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secrets has nothing to do with his assignment. As the uncertainties spike alongside the sexual tension, the only thing Leah knows for sure is that falling in love would be disastrous. Too bad love

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might be one addiction she can't kick.

It's no surprise that our culture is addicted to "love." The sappy love songs, the enticing ads for romantic getaways and the desire to be cherished by a

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special someone will never lose their appeal. But for some women, this poses a significant problem. Because of their insatiable desire for love, they will do anything to find it and ultimately land in



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destructive addictive relationships over and over again causing incredible harm. This newly revised and expanded edition of Ready to Heal provides an opportunity for women to break free from painful addictive

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relationships. Kelly  
McDaniel provides the reader  
with the tools they will  
need to move along the path  
to living a life where  
intimacy is possible.  
Readers have an opportunity  
to begin to "connect the

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dots" in their own relationship patterns by following the stories of four brave women. A newly added chapter on "Mother Hunger" explores the role of the mother in infancy and how she ultimately impacts a

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daughter's ability to have healthy intimate relationships later in life. Break free from the chains of addictive relationships that sabotage happiness and self-respect.

In Love and Addiction,

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published 40 years ago and sold as a mass-market paperback on love, Stanton Peele and Archie Brodsky laid out every major issue confronting the addiction field today. This pioneering classic, which was excerpted

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in Cosmopolitan and spawned the codependence movement, is the first-and still the definitive-book on addictive love. But it is much more than that; it is the book that explains why addiction is not what we think it is.

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Love and Addiction focuses on dependent love relationships to explore what both love and addiction really are-psychologically, socially, and culturally. Addiction is an overgrown, dependent, destructive

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relationship. Love is the opposite, a sharing, growth-inspiring one. The authors' analysis makes clear that an addiction is an experience that takes on meaning and power in light of a person's needs, desires, beliefs,



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expectations, and fears. By showing how addiction grows out of ordinary human experience, Peele and Brodsky offer a liberating understanding of all addictions-to alcohol, drugs, tobacco, food,

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gambling, shopping,  
electronic media, sex, or  
love. In 1975, Love and  
Addiction boldly proposed  
ideas whose truth is only  
now being recognized:  
Addiction is not limited to  
drugs, and drugs are not

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necessarily addictive. AA's 12 steps are not the last word in addiction treatment. On the contrary, practically oriented addiction treatments are more effective. The goal of addiction treatment and

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recovery is not abstinence to the exclusion of all else, but to build a life that rules out addiction. Love is the opposite of the self-protective constriction of addiction; it is the expansion of your spirit

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with another human being. Remarkably, all of these issues-the widespread application of the addiction diagnosis, the limited value of AA and its disease theory, the possibility that people can continue using

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but still eliminate addiction (harm reduction)-are as hotly debated today as when Peele and Brodsky first analyzed addiction forty years ago. Most remarkably of all, the answers Peele and Brodsky

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arrived at in Love and  
Addiction are only now being  
embraced by progressive  
thinkers in the field.

"Destined to become a  
classic " Psychology Today  
proclaimed in 1975.

Rereading Love and Addiction

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35 years later, addiction researcher Rowdy Yates wrote that the book "still reads absolutely true as an understanding of addictive behavior." Reading today this clairvoyant analysis of the most challenging issues



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we face in the twenty-first century-the meaning of love and the cure for addiction-you will recognize both the current relevance and enduring value of Love and Addiction, now reissued with a new (2015) Authors'

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Preface, the Authors'  
Preface written for the 1991  
paperback reissue, and a  
brief new introduction to  
each chapter. Otherwise,  
nothing has been changed in  
the original book.

The Life and Adventures of

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Elinor Glyn

Lesbian Love Addiction

The Love Addiction Workbook

Addicted to Unhappiness

The Far Right Today

Claim (Addicted To You #4)

A brilliant new guide to  
understanding the origins of

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codependence and the path to recovery by a nationally recognized authority on dependency and addiction. In this fresh new look at codependence, Pia Mellody traces the origins of this illness back to childhood, describing a whole range of

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emotional, spiritual, intellectual, physical, and sexual abuses.

Because of these earlier experiences, codependent adults often lack the skills necessary to lead mature lives and have satisfying relationships. Recovery from codependence comes from

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clearing up the toxic feelings left over from childhood and learning to re-parent oneself by intervening on the adult symptoms of codependence. Central to Mellody's concept is the idea of the "precious child" that needs healing within each adult. She

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creates a framework for identifying codependent behavior and describes an effective approach to recovery that includes both therapy and self-help processes. Designed to be used with her new workbook for codependents, *Breaking Free*, this

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is a powerful tool for understanding the nature of codependence.

\* Instant NEW YORK TIMES and  
USA TODAY bestseller \* \*  
GOODREADS CHOICE AWARD  
WINNER for BEST DEBUT and  
BEST ROMANCE of 2019 \* \* BEST



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BOOK OF THE YEAR\* for VOGUE,  
NPR, VANITY FAIR, and more! \*  
What happens when America's  
First Son falls in love with the  
Prince of Wales? When his mother  
became President, Alex  
Claremont-Diaz was promptly  
cast as the American equivalent

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of a young royal. Handsome, charismatic, genius—his image is pure millennial-marketing gold for the White House. There's only one problem: Alex has a beef with the actual prince, Henry, across the pond. And when the tabloids get hold of a photo involving an

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Alex-Henry altercation,  
U.S./British relations take a turn  
for the worse. Heads of family,  
state, and other handlers devise a  
plan for damage control: staging  
a truce between the two rivals.  
What at first begins as a fake,  
Instagramable friendship grows

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deeper, and more dangerous, than either Alex or Henry could have imagined. Soon Alex finds himself hurtling into a secret romance with a surprisingly unstuffy Henry that could derail the campaign and upend two nations and begs the question:

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Can love save the world after all? Where do we find the courage, and the power, to be the people we are meant to be? And how can we learn to let our true colors shine through? Casey McQuiston's Red, White & Royal Blue proves: true love isn't always diplomatic.

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"I took this with me wherever I went and stole every second I had to read! Absorbing, hilarious, tender, sexy—this book had everything I crave. I'm jealous of all the readers out there who still get to experience Red, White & Royal Blue for the first time!" -

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Christina Lauren, New York Times bestselling author of The Unhoneymooners "Red, White & Royal Blue is outrageously fun. It is romantic, sexy, witty, and thrilling. I loved every second." - Taylor Jenkins Reid, New York Times bestselling author of Daisy

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Jones & The Six

From NY Times and USA Today

Bestselling author, J. Daniels

Wedding hookups never amount to anything. Those who partake in this wicked little activity know the rules. Get in. Get laid. Get out.

There's no expectation of a



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relationship. It is what it is. Dylan Sparks knows the rules. She's familiar with the protocol. And she engages in the best sex of her life with a complete stranger at her ex-boyfriend's wedding. Reese Carroll doesn't care about the rules. He wants more than

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just one night with Dylan. And Dylan finds him too addicting to pass up. Sweet Addiction is the story of one woman's struggle to keep things casual, and one man's desire to never let her go. \*\*\*Warning: This book contains adult themes. 18+

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Offers advice & a practical guide  
to making relationships work  
Evidence-Based Tools to Support  
Recovery and Help You Build  
Healthy Long-Term Relationships  
Recovering from Unhealthy  
Dependencies in Romance,  
Relationships, and Sex

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Red, White & Royal Blue

Addicted to love

Addicted to You

The far right is back with a vengeance.

After several decades at the political margins, far-right politics has again taken center stage. Three of the world's largest democracies – Brazil, India, and

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the United States – now have a radical right leader, while far-right parties continue to increase their profile and support within Europe. In this timely book, leading global expert on political extremism Cas Mudde provides a concise overview of the fourth wave of postwar far-right politics, exploring its

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history, ideology, organization, causes, and consequences, as well as the responses available to civil society, party, and state actors to challenge its ideas and influence. What defines this current far-right renaissance, Mudde argues, is its mainstreaming and normalization within the contemporary

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political landscape. Challenging orthodox thinking on the relationship between conventional and far-right politics, Mudde offers a complex and insightful picture of one of the key political challenges of our time.

The Addicted To You series, an author-muse scorching hot romance series by

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New York Times and USA Today bestselling author K.M. Scott! Ian and Kristina's love has been tested over and over, but now one final test may be too much for them to overcome. The only part of his life other than Kristina that meant anything to Ian—his career—lays in shambles. Now he'll have to decide if



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he can forgive the woman he loves for betraying his most important secret. Kristina will do whatever it takes to get Ian back, and this time it won't be easy. But their love means too much for her to give up now. And just when they think they've finally found happiness, their love will be challenged one last

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time. Note: Claim was previously published as SILK Volume Four.

Topics: New York Times bestseller, USA Today bestseller, romance, erotic romance, addiction, obsession, dark romance, addiction romance, dark obsessive romance, author hero romance, celebrity heroine romance,

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author muse romance, stalker obsessive  
romance dark, Hollywood star  
romance, New York City, rehab, drug  
addiction, tabloids, romance series,  
romance books, top books in romance,  
top books in contemporary romance,  
author-muse romance, K.M. Scott  
Perfect for fans of Helen Hardt,

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Meghan March, Kendall Ryan, Anna Zaires, J. Kenner, CD Reiss, Lauren Blakely, Skye Warren, Aleatha Romig, Lisa Renee Jones, Penelope Sky, E.L. James, Vi Keeland, Stella Gray, Penelope Ward, Meredith Wild, Chelle Bliss, Charlotte Byrd, Laurelin Paige, Jodi Ellen Malpas, Sylvia Day, Maya

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Banks, Louise Bay, Shayla Black,  
Natasha Knight, Carly Phillips, Erika  
Wilde, Amelia Wilde

Drawing upon their years of counseling  
experience, the bestselling author team  
of Martha and William Pieper explain  
how parenting styles based on discipline  
and excessive expectations condition

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children to equate unhappiness with love. This often persists into adulthood, leading to behaviors including eating disorders, compulsive gambling, disastrous romantic choices, substance abuse, and more. This book supplies readers with powerful tools, including self-assessments, checklists, diaries, and

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exercises, to overcome their need for unhappiness.

Can a night of passion lead to a happily ever after? Yakuza captain Hayato's life is a mess. His boyfriend broke up with him, changed the locks, and kept all his stuff. He can't crash at his brother's because his girlfriend is

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moving in. And just when Hayato thinks things can't get worse, he accidentally gets blackout drunk and wakes up in the arms of a clingy underling. Masuo believes he and his boss made a deep connection, but when he's blown off the next morning, he feels lied to. Assigned to run a failing



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pachinko parlor, Masuo is determined to turn it around to prove himself to everyone...especially his sexy superior. When Hayato realizes he's falling for the young parlor manager, he is more than ready for fun. But as Hayato's tragic past comes back to haunt him, Masuo wonders if he's ready to carry

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all Hayato's baggage. Can the unlikely pair learn to accept each other and find their way to happiness even while new challenges arise, or is their love destined to fall like balls through a pachinko machine? Buy Addicted to Lust to find love in crime today  
Facing Love Addiction - reissue

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Breaking Free of Addictive  
Relationships

Addicted to Romance

Women Redeemed from Sexual  
Addiction

Misery

Sweet Addiction

***In this book Marnie C. Ferree***

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***offers a unique resource for women struggling with sexual addiction. Written by a counselor who understands the condition from the inside out, No Stones offers practical help for those battling sexual***

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***addiction and those who want to come alongside women as they seek help. Important for pastors and church leaders, this book will also be a much sought-after resource for Christian counselors and***

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***therapists counseling women  
who grapple with this type of  
addiction.***

***Schaef applies the addictions  
of sex, love, romance, and  
relationships to her broader  
addiction theory and clearly***

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***defines and contrasts the  
relationship addictions.***

***Sex Addiction Get on the Road  
to Recovery and Learn to Live  
and Love Life Again The book,  
Sex Addiction: Get on the  
Road to Recovery and Learn***

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***to Live and Love Life Again, is about getting free from the bondage of sex addiction. You will discover the common signs and symptoms of sex addiction, what causes it and the devastating effects this***



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***compulsive behavior brings  
on a person's life and  
relationships. You will also  
discover steps on how to  
overcome this addiction and  
how to avoid relapse while you  
are on your recovery program.***

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***The book focuses on important aspects such as key behaviors in addressing this addiction. Honesty is the most vital element to recovery from sex addiction. Recognizing that you have a problem and***

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***that you need help is the first step in your journey to freedom. Sex addiction is a weakness - and being truthful about your weakness will open doors for you to bring change into your life. Receiving love***

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***and support from people who love you will help you overcome and mature. -Sex addiction is a real problem but there is a solution to this dilemma. It is not the end of the world when you discover***

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***that you have sex addiction.  
For sex addicts, there is still  
hope: to enjoy life and  
meaningful relationships, to  
have a healthy attitude  
towards sex, to grow mature  
and stable emotionally,***

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***mentally and intimately. The book also features a picture of what a healthy, intimate relationship will look like after recovery from sex addiction. It can be a full life of freedom - no more secret activities, no***

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***more secret thoughts, no more  
secret desires. You can enjoy  
emotional and physical  
sensations without the guilt  
and shame that comes with  
sex addiction. And you do not  
have to fear that the claws of***

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***this monster can get back at you. You can be on the road to recovery and be forever free from its devastating effects - to learn to live again and love life again!***

***He's addicted to booze. She's***



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***addicted to sex...staying sober  
is only half the battle. No.  
More. Sex. Those are the three  
words Lily Calloway fears the  
most. But Loren Hale is  
determined to be with Lily  
without enabling her***

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***dangerous compulsions. With their new living situation—sleeping in the same bed, for real, together—Lily has new battles. Like not jumping Lo's bones every night. Not being consumed by sex and***

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***his body. Loren plans to stay sober, to right all of his wrongs. So when someone threatens to expose Lily's secret to her family and the public, he promises that he'll do anything to protect her. But***

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***with old enemies surfacing, Lo has more at stake than his sobriety. They will torment Lily until Lo breaks. And his worst fear isn't relapsing. He hears the end. He sees it. The one thing that could change***

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***everything. Just three words.***

***No. More. Us.***

***How to Break Your Addiction  
to a Person***

***Addicted***

***Escape from Intimacy***

***Addicted to a Savage 2***

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***Giving Yourself the Power to  
Change the Way You Love  
Addiction to Love***

Everyone makes mistakes in relationships at one time or another. Sometimes they learn from those mistakes. Other

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times, they return to those behaviors and cycle through failed relationship after failed relationship. Sometimes those behaviors become an addiction to love that may leave a person feeling unhappy, unfulfilled,

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lonely, or worse. Lesbian Love  
Addiction: Understanding the  
Urge to Merge and How to Heal  
When Things go Wrong makes  
visible the elements of love  
addiction that many lesbians  
suffer from. Love addiction for



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lesbians comes in many forms. Some struggle by sexually acting out and others are serial relationship junkies, jumping from one relationship into the next. Some are addicted to the high of falling in love and once

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that wears off don't know how to handle the day-to-day realities of a committed relationship. Some are even addicted to fantasy and intrigue, while others are love avoidants and sexual anorexics. Love avoidants may be able to

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get into a relationship but once they are fully committed, struggle with feeling smothered. Others may avoid intimate or sexual relationships all together, becoming sexually anorexic. Some may even vacillate

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between all of these. The underlying component and common denominator in all of these scenarios is the “Urge to Merge.” Lesbian Love Addiction is designed to help ameliorate at least part of this problem. Lauren

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D. Costine offers insight for lesbians, bisexual women in relationships with women, queer women, and more specifically, any woman who loves women, as well as their family and friends, and health care

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professionals, into the  
psychology of lesbian love  
addiction. It will give those who  
struggle with and suffer from love  
addiction ways to understand,  
cope, and heal from this  
debilitating addiction. It will give

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those who work with this population new tools to use to do this more effectively. Mostly, it will help lesbians understand their relationship failures and how to heal from problems associated with them, so they

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may grow and cultivate happier,  
more fulfilling connections in the  
future.

An account of the turbulent life of  
the glamorous redhead, novelist,  
war reporter, Hollywood  
screenwriter and Grand Dame.



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Though not a feminist, Elinor Glyn was a pioneering woman, and this book should receive plenty of attention from the media.

In her professional life, Shary Hauer was a confident,

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successful, high-caliber executive coach who advised big-time corporate leaders around the globe—but her personal life was an entirely different matter. When it came to love, she was insecure, clingy, desperate,

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willing to do anything and everything to win and keep a man. Because without a man by her side, what good was she? In *Insatiable*, Hauer fearlessly chronicles her emotional journey from despair to hope, rejection to

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redemption, and self-hate to self-love, one man at a time. In candid detail, she relates what it is like to be trapped in the torturous cycle of love addiction—what it's like to be forever searching, needing,

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obsessing, scheming, and  
agonizing for love, suffering from  
a hunger that never  
ceases—and what it takes to  
break free of that cycle. An  
intimate, soul-baring tale that  
sheds much-needed light on one

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of the least understood and talked about addictions, *Insatiable* is the story of one woman ' s journey through the hellish, the humiliating, and the humbling in her single-minded pursuit of the most addictive drug

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of all: love.

To save her, he must ruin her.  
Lord Sebastian St. John,  
dedicated bachelor and a co-  
owner of Fallen, the most  
scandalous pleasure club in  
London, is known as Sin for

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good reason. Orphaned by a shocking accident, Sin long ago vowed a life of solitude and decadence. Yet when Lady Grace Carrington begs for his help destroying her reputation, Sin can't turn the ton's most



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proper lady away. Obedient daughter, wife, and young widow, Grace has had enough of being controlled. After her father arranges a second loveless marriage to an eminently respectable ancient, Grace plans

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a fortnight of defiance and self-ruination to stop the wedding. But as Grace enters the heady, risky world of an affair with Sin, she finds herself inexplicably drawn to him—and she soon realizes two weeks won't be

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nearly enough. Warning:

Contains a lady desperate for  
ruination, a gentleman with just  
enough scoundrel in him to  
complete the task (with a little  
help from his friends!), and  
enough scorching sex to keep

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you fanning yourself until way  
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Surrender to Sin Book #2 The  
Devil ' s Submission Book #3 The

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Seduction of Viscount Vice  
Breaking the Spell of Sex and  
Love Addiction  
Sex Addiction  
Addicted to Love  
We Are All Wounded  
Speak Its Name

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Suspenseful Motorcycle Club  
Romance

What do these people have in common? Carol cannot free herself from the abusive relationship she has endured for ten miserable years. Ben is

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driven to secret sexual liaisons with one woman after another. Ginny spends every free moment of her day absorbed in romance novels. Carol, Ben, and Ginny suffer from the same problem. Psychologists call it the disease

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of the '90's-love addiction.

Addicted to Love describes the many forms this addiction can take-from romance novels and relationships to spouse abuse and sexual acxting-out. Like drug addicts or alcoholics, love



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addicts get high from sex and romance, develop a tolerance for it, and need ever-greater doses to keep going. Stephen Arterburn examines why this addiction is on the rise, what it looks like, who it afflicts, and what you can

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do if you suspect that your spouse, friend, or family member may be suffering from it. With compassion and wisdom, Arterburn points the way to psychological and spiritual healing, to enable men and

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women to enjoy real and lasting intimacy.

It is an interesting topic to discuss addiction and love in the context of reward. In this e-book, we begin with an animal study of comparison between drug and

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natural reward. Then, some papers aim to understand the reward system underlying behavioral addiction focusing on technology, for example Internet addiction and mobile phone dependence. The third part of

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this e-book addresses the topic of love. Considered as a whole, this e-book demonstrates that drug and behavioral addictions are frequently related with negative consequences, while romantic love is related with a

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positive consequence. That's why romantic love may be considered as a natural addiction. We think that the notion of romantic love as a positive addiction may offer a new view for future research in

# Read Free Addicted To Romance: Life And Adventures Of Elinor Glyn the field.

A psychologist and bestselling author redefines love and sex addiction as a spectrum disorder, and offers a new approach for healing. For anyone who has wondered Why does everyone

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else seem to be able to make romantic relationships work, and I can't? What's wrong with me? Why is love so hard? Psychologist and bestselling memoirist Kerry Cohen is all too familiar with the questions she



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often hears from her clients—and has asked herself. Even though sex and love are some of the most universal, sought-after experiences we have, many of us lack the tools and understanding to approach

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them in a healthy way. Without knowing it, many people struggling with sex and love actually fall somewhere on the spectrum of sex and love addiction (SLA). Sex and love addiction is still wildly

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misunderstood. It's shrouded in secrecy and shame, and many counselors lack the training to address it—leaving people who need help without resources. Yet SLA isn't a binary of you are or you aren't, rather, it's a

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spectrum. Kerry Cohen knows this all too well as both a therapist and someone who identifies on the SLA spectrum. Based on research and her own clinical experience, Crazy for You dives into SLA and provides

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an inclusive framework for understanding relationships, along with practical exercises and advice for self-assessment, discovery, and healing: Part one explains the sex and love addiction spectrum, helping you

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determine where you fall on it  
and how you got there Part two  
introduces strategies for  
breaking the spell of sex and  
love addiction, like behavior  
modifications and self-  
awareness techniques Part three

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teaches you how to navigate  
healthy, safe, and fulfilling  
relationships

A renowned psychotherapist  
explains how to evaluate a  
relationship and offers practical  
advice on how to get out of a

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relationship that is no longer satisfying, offering advice on understanding the difference between good and bad relationships, surviving the pain of breaking up, addictive behavior, and more. Reprint.



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Overcoming Obsession and  
Dependency in Relationships  
Addicted to Lust  
Love, Sex, and Lasting  
Relationships  
Understanding the Urge to  
Merge and How to Heal When

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Things go Wrong

Surrender to Sin

Untangling the ``Love''

Addictions: Sex, Romance,  
Relationships

***God wants his children to have a  
lasting relationship and great***

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***sex--the results of a deep,  
meaningful love that is rooted in  
commitment. Now updated and  
with a fresh new cover, Love,  
Sex, and Lasting Relationships  
helps readers walk a path to true  
love that is more fulfilling than***

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***they ever imagined. "There's a better way to find love, stay in love, and grow in intimacy for a lifetime," says Chip Ingram. It's God's way. Whether single or married, happy or searching for hope, readers will discover that***

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***by following God's prescription,  
they can create a love that lasts.  
My experience in the 1960's Civil  
Rights Revolution in New York  
City changed my life. Idealism  
instilled by Christianity and  
literature motivated me to search***

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***everywhere for passion. My years of high school and college were happy. I participated and excelled in everything, and felt rewarded and affirmed by teachers, classmates, boyfriends, and God. But deep***

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***inside, unknowingly, I was numbed from my home life. My family problems were never made conscious or public. I lived through my Hero Role, as my parents had done. We were all wounded. I learned from my***

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***father to go out into the world. I learned from my mother to push myself in educational pursuits. I left my home, graduated from The University of Texas, and became an exile in New York City. I searched through***



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***universities, churches,  
professions, therapies, and  
romances for the answer to my  
longing. Entwined with my  
search for love from men was my  
search for love from God and  
from therapists, an inextricable***

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***tangle of the romantic, the spiritual, and the therapeutic. I became addicted to intense and ambivalent romance which broke through the repressed numb feelings from my childhood of chronic shock. My character***

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***structure based on achievements crumbled as I hit the bottom of a deathly addiction. I acted out my emotional turbulence. I could not overcome the barriers of my society and my heritage. To cross racial lines in American***

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***society was a rejection of my own family. My descent into my soul exemplified the harsh realities of surviving our inheritance. Eventually I had to return to my Southern hometown to find my own roots. I***

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***researched the path of my  
ancestors to find the cause of my  
chronic shock, and to come to  
terms with the Oedipal triangle,  
to heal the original wound. The  
fall-out from the New York years  
impacted all my relationships.***

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***Would I ever be able to find peace in Texas which has not changed since the Revolutionary War? How many times would I repeat my addiction? Would I go into exile again, taking my son with me? Will my son forgive***

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***me? Will my life of many  
struggles end in pain or in God's  
favor?***

***The New York Times bestseller  
Adapted into a major motion  
picture distributed through  
Lionsgate From the Queen of***

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***Erotica, Addicted tells the provocative story of one married woman's struggle to deal with the fall-out of her forbidden desires. The world of Addicted is continued in the New York Times bestseller Nervous, and Zane's***



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***highly-anticipated upcoming  
novel Vengeance, available May  
24, 2016. For successful  
businesswoman Zoe Reynard,  
finding the pleasure she wants,  
the way she wants it, is not worth  
the risk of losing everything she***

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***has: a charmed marriage to her childhood sweetheart, a thriving company, and three wonderful children. But Zoe feels helpless in the grip of an overpowering addiction...to sex. After finding a compassionate therapist to help***

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***her, Zoe finally summons the courage to tell her torrid story, a tale of guilt and desire as shocking as it is compelling. From the sensitive artist with whom she spends stolen hours on ruffled sheets, to the rough***

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***and violent man who leads her toward destruction, Zoe is desperately searching for fulfillment—and, perhaps, something darker and deeper. As her life spins out of control and her sexual escapades carry her***

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***toward a dangerous fate, Zoe races to uncover the source of her “fatal attraction.” Chilling secrets tumble forth and perilous temptations build toward a climax that could threaten her sanity, her marriage...and her***

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*life.*

***Severing a relationship is one of life's most painful experiences and cutting those ties can feel like ending an addiction.***

***"Exaholics" offers meaningful support to anyone trapped in the***

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***obsessive pain of a broken attachment. She helps the brokenhearted heal, showing them how to understand the emotional processes at work inside themselves, find the path to recovery, and free themselves***

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*of shame, injured ego, and  
remorse."*

*Good Morning, Destroyer of  
Men's Souls*

*Exaholics*

*Addicted to Him*

*A Novel*



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*the path to self-acceptance and  
happiness in relationships*

*Get on the Road to Recovery and  
Learn to Live and Love Life  
Again*

**Addiction to Love Overcoming  
Obsession and Dependency in**

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**Relationships**  
**Celestial Arts**  
**In Addicted to Love, Jan Geurtz clearly demonstrates how our search for love and approval stems from a fundamental self-rejection. We try to compensate for this by seeking other people's**

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**appreciation. But this is counterproductive: it actually makes us more insecure and therefore increasingly dependent. This creates an addiction to love, approval and the security of a relationship. As a result, most**

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**romantic relationships  
eventually fail, or - perhaps  
even worse - are reduced to  
dreary co-existence with little  
room for growth and  
happiness. With humour and  
practical examples, Jan Geurtz  
shows a way out of this**

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**vicious circle. Once we have  
let go of self-rejection, we  
find that our painful  
emotions, and also our sexual  
desires, are the gateway to a  
state of being that is  
completely free of restriction  
and dependence, and is filled**

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**with love and clarity - with or without a relationship. Jan Geurtz has written several books on addictions, including the bestseller Quit Smoking in One Day. He studied remedial pedagogy, education sciences and philosophy of science,**

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**and is inspired by Buddhism.**

**"A scorching memoir of a love affair with an addict, weaving personal reckoning with psychology and history to understand the nature of addiction, codependency, and our appetite for obsessive**

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**love. "The disease he has is addiction," Nina Renata Aron writes of her boyfriend, K. "The disease I have is loving him." Their love affair is dramatic, urgent, overwhelming-an intoxicating antidote to the long, lonely**



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**days of early motherhood. Soon after they get together, K starts using again, and years of relapses and broken promises follow. Even as his addiction deepens, she stays, convinced she is the one who can get him sober. After an**

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**adolescence marred by family trauma and addiction, Nina can't help but feel responsible for those suffering around her. How can she break this pattern? If she leaves K, has she failed him? Writing in prose at once unflinching and**

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**acrobatic, Aron delivers a  
piercing memoir of romance  
and addiction, drawing on  
intimate anecdotes as well as  
academic research to crack  
open the long-feminized and  
overlooked phenomenon of  
codependency. She shifts**

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**between visceral, ferocious accounts of her affair with K and introspective analyses of the part she plays in his addictions, as well as defining moments in the history of codependency, from the temperance movement to the**

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**formation of Al-Anon to more recent research in the psychology of addiction. Good Morning, Destroyer of Men's Souls is a blazing, bighearted book that illuminates and adds nuance to the messy tethers between femininity,**

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enabling, and love"--

**NATIONAL BESTSELLER • A  
stunning “portrait of the  
enduring grace of friendship”  
(NPR) about the families we  
are born into, and those that  
we make for ourselves. A  
masterful depiction of love in**

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**the twenty-first century. A  
NATIONAL BOOK AWARD  
FINALIST • A MAN BOOKER  
PRIZE FINALIST • WINNER OF  
THE KIRKUS PRIZE A Little  
Life follows four college  
classmates—broke, adrift, and  
buoyed only by their**

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**friendship and ambition—as they move to New York in search of fame and fortune. While their relationships, which are tinged by addiction, success, and pride, deepen over the decades, the men are held together by their**



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**devotion to the brilliant,  
enigmatic Jude, a man scarred  
by an unspeakable childhood  
trauma. A hymn to brotherly  
bonds and a masterful  
depiction of love in the  
twenty-first century, Hanya  
Yanagihara's stunning novel**

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**is about the families we are  
born into, and those that we  
make for ourselves. Look for  
Hanya Yanagihara's new  
novel, To Paradise, coming in  
January 2022.**

**No Stones**

**Beyond Reward: Insights from**

*Page 170/217*

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**Love and Addiction**

**A Neuroscientist Examines his  
Former Life on Drugs**

**A Memoir of Women,  
Addiction, and Love**

**Free yourself from the moods  
and behaviors that undermine  
relationships, work, and the**

*Page 171/217*

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**life you want**

**Crazy for You**

After an almost fatal car crash, novelist Paul Sheldon finds himself being nursed by a deranged fan who holds him captive.

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A gripping, ultimately triumphant memoir that's also the most comprehensive and comprehensible study of the neuroscience of addiction written for the

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general public. FROM THE  
INTRODUCTION: "We are  
prone to a cycle of  
craving what we don't  
have, finding it, using it  
up or losing it, and then  
craving it all the more.

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This cycle is at the root of all addictions, addictions to drugs, sex, love, cigarettes, soap operas, wealth, and wisdom itself. But why should this be so? Why are we

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desperate for what we don't have, or can't have, often at great cost to what we do have, thereby risking our peace and contentment, our safety, and even our lives?" The



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answer, says Dr. Marc Lewis, lies in the structure and function of the human brain. Marc Lewis is a distinguished neuroscientist. And, for many years, he was a drug

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addict himself, dependent on a series of dangerous substances, from LSD to heroin. His narrative moves back and forth between the often dark, compellingly recounted

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story of his relationship with drugs and a revelatory analysis of what was going on in his brain. He shows how drugs speak to the brain - which is designed to seek

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rewards and soothe pain -  
in its own language. He  
shows in detail the neural  
mechanics of a variety of  
powerful drugs and of the  
onset of addiction, itself  
a distortion of normal

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perception. Dr. Lewis freed himself from addiction and ended up studying it. At the age of 30 he traded in his pharmaceutical supplies for the life of a graduate

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student, eventually becoming a professor of developmental psychology, and then of neuroscience - his field for the last 12 years. This is the story of his journey, seen from

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the inside out.

Imagine having a love that is so deep, addictive, connected, and heavily embedded into your entire being that it haunts your every move. Four years

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later, after falling  
addictively in love with  
Promise "Savage" Morris  
and having her world  
tossed upside down, Hazel  
is forced to pick up the  
pieces and move on with



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her life in hopes of raising their daughter, Adah, in a perfect life. But every move Hazel makes, she feels the addictive love of Promise trailing behind her. After

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taking an unexpected downward turn in his empire of the drug business and serving four years in prison, Promise devises a plan to turn his life around for good, but

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most importantly, pick up where he left off with Hazel and rekindle their old flame all while reclaiming his name in the streets. What happens when arch enemies show their

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face, ulterior motives  
surface, secrets and lies  
are revealed, and loyalty  
is tested? Can the  
addictive love of Promise  
and Hazel survive another  
round or will their love

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become far too tainted to  
endure?

Heal from love addiction  
with exercises for finding  
real love and self-worth

Love addiction is a  
pattern of obsessive

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behavior in your romantic relationships that can wreak havoc on your happiness and your connections with others--but you can find healthy relationships

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again. This workbook is full of compassionate advice and insight to help you understand how the cycle of love addiction works and begin to break the habits that are

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holding you back. With guidance from a psychologist, you'll assess your past relationships to identify the root of your struggles. Then, explore



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proven techniques to help you build the healthy, rewarding, and enduring relationships that you deserve. Dive deep--Make room for self-reflection with everything from

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writing prompts and  
quizzes to guidance for  
setting goals and building  
your support system.

Stories from  
others--Discover hope and  
reassurance with anecdotes

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and case studies about other people who've overcome love addiction. Simple exercises--These brief activities can be done right on the page so you can begin your road to

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recovery right away. This encouraging guide goes beyond other love addiction recovery books and shows you the way to healing.

I'm Glad My Mom Died

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Love and Addiction

Ready to Heal E-Book

Breaking Your Addiction to  
a Lost Love

Addicted for Now

Is It Love Or Is It  
Addiction

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**A heartbreaking and hilarious memoir by iCarly and Sam & Cat star Jennette McCurdy about her struggles as a former child actor—including eating disorders, addiction, and a complicated relationship with her overbearing**

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**mother—and how she retook control of her life. Jennette McCurdy was six years old when she had her first acting audition. Her mother's dream was for her only daughter to become a star, and Jennette would do anything to**

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**make her mother happy. So she went along with what Mom called “calorie restriction,” eating little and weighing herself five times a day. She endured extensive at-home makeovers while Mom chided, “Your eyelashes are**



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**invisible, okay? You think Dakota Fanning doesn't tint hers?" She was even showered by Mom until age sixteen while sharing her diaries, email, and all her income. In I'm Glad My Mom Died, Jennette recounts all this in**

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**unflinching detail—just as she chronicles what happens when the dream finally comes true. Cast in a new Nickelodeon series called iCarly, she is thrust into fame. Though Mom is ecstatic, emailing fan club moderators and getting**

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**on a first-name basis with the paparazzi (“Hi Gale!”), Jennette is riddled with anxiety, shame, and self-loathing, which manifest into eating disorders, addiction, and a series of unhealthy relationships. These issues only**

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**get worse when, soon after taking the lead in the iCarly spinoff Sam & Cat alongside Ariana Grande, her mother dies of cancer. Finally, after discovering therapy and quitting acting, Jennette embarks on recovery and decides for the**

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**first time in her life what she really wants. Told with refreshing candor and dark humor, I'm Glad My Mom Died is an inspiring story of resilience, independence, and the joy of shampooing your own hair.**

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**Carly People are cruel. It's a lesson I learned at a young age and one I've carried with me ever since. I keep myself closed off from the world to avoid experiencing that caliber of pain again and I don't see that ever**

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**changing. Then, Chance Turner roared into my life on the back of his bike. On the outside, he's everything I should avoid - cocky, rebellious, player - but I can't seem to stay away. The way I ache for him is dangerous and the way**

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**he makes my heart race is going to be catastrophic but when someone I love is in danger, I have no other choice. Chance is the only one who can help me. All I can do now is pray I have the strength to resist him. Chance For years, there has**



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**been something missing from my life and the moment I saw Carly, I knew she is everything I've been looking for. She's got baggage and thick, steel reinforced walls around her heart that refuse to let me get too close. That's okay,**

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**though. I'm a determined man  
and I have no problem putting in  
the work to get what I want. When  
she comes to me for help, it feels  
like a step in the right direction  
and whatever it takes, I refuse to  
let her down. She needs me and I**

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**will go to war for the people she loves if that's what it takes to win her heart. But I didn't realize that she would be fighting me just as hard as the bastard we're hunting. She's addicted to sex. He's addicted to booze...the only way**

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**out is rock bottom. No one would suspect shy Lily Calloway's biggest secret. While everyone is dancing at college bars, Lily stays in the bathroom. To get laid. Her compulsion leads her to one-night stands, steamy hookups and**

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**events she shamefully regrets. The only person who knows her secret happens to have one of his own. Loren Hale's best friend is his bottle of bourbon. Lily comes at a close second. For three years, they've pretended to be in a real**

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**relationship, hiding their  
addictions from their families.  
They've mastered the art of  
concealing flasks and random  
guys that filter in and out of their  
apartment. But as they sink  
beneath the weight of their**

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**addictions, they cling harder to their destructive relationship and wonder if a life together, for real, is better than a lie. Strangers and family begin to infiltrate their guarded lives, and with new challenges, they realize they may**

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**not just be addicted to alcohol and sex. Their real vice may be each other.**

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