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Comprehending as

*Page 2/74*

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(Audiobook) by Pia

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Cycle Episode 16:

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Love Addiction

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~~Love Addiction~~

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What's Love

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Chapter 2 ~~Book Club~~

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Through twelve-step  
work, exercises, and  
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the recovery process  
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Codependence and internationally recognized dependence and addiction authority Pia Mellody unravels the intricate dynamics of unhealthy love relationships and shows us how to let go of toxic love.

Through twelve-step work, exercises, and journal-keeping,

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*Page 33/74*

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anyone who desires  
to be free of love or  
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April 29 2003 by Pia  
Melody (Author),

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Andrea Wells Miller  
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Miller (Author) 4.6 out  
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The author of the  
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unravels the intricate  
dynamics of toxic love

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outlines the  
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love addicts and the unresponsive love avoidants to whom they are painfully and repeatedly drawn.

Way You Love

A brilliant new guide to understanding the origins of codependence and the path to recovery by a nationally recognized authority on dependency and



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addiction. In this fresh new look at codependence, Pia Mellody traces the origins of this illness back to childhood, describing a whole range of emotional, spiritual, intellectual, physical, and sexual abuses. Because of these earlier experiences, codependent adults

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often lack the skills necessary to lead mature lives and have satisfying relationships.

Recovery from codependence comes from clearing up the toxic feelings left over from childhood and learning to reparent oneself by intervening on the adult symptoms of

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codependence.

Central to Mellody's concept is the idea of the "precious child" that needs healing within each adult. She creates a framework for identifying codependent behavior and describes an effective approach to recovery that includes both therapy and self-help processes.

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Designed to be used with her new workbook for codependents, *Breaking Free*, this is a powerful tool for understanding the nature of codependence.

Love addiction manifests in many forms, from Fatal Attraction-type

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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**

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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

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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

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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



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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

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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

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

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

Pia Mellody creates a framework for identifying codependent thinking, emotions and behaviour and provides an effective

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approach to recovery. Mellody sets forth five primary adult symptoms of this crippling condition, then traces their origin to emotional, spiritual, intellectual, physical and sexual abuses that occur in childhood. Central to Mellody's approach is the concept that the codependent adult's

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injured inner child  
needs healing.  
Recovery from  
codependence,  
therefore, involves  
clearing up the toxic  
emotions left over  
from these painful  
childhood  
experiences.

Offers advice & a  
practical guide to  
making relationships

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work

Giving Yourself

The healing touchstone of millions, this modern classic by one of America's best-loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life. Is someone

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else's problem your problem? If, like so many others, you've lost sight of your own life in the drama of tending to someone else's, you may be codependent--and you may find yourself in this book--Codependent No More. The healing touchstone of millions, this modern classic by

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one of America's best-loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life. With instructive life stories, personal reflections, exercises, and self-tests, Codependent No More is a simple,



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straightforward,  
readable map of the  
perplexing world of co  
dependency--charting  
the path to freedom  
and a lifetime of  
healing, hope, and  
happiness. Melody  
Beattie is the author  
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Codependency, The  
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In her first book in  
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groundbreaking  
bestsellers Facing  
Codependence and  
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Addiction—shares her  
profound wisdom on  
what it takes to

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sustain true intimacy and trusting love in our most vital relationships. Drawing on more than 20 years' experience as a counsellor at the renowned Meadows Treatment Centre in Arizona, Mellody now shares what she has learned about why intimate relationships falter—and what makes

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them work. Using the most up-to-date research and real-life examples, including her own compelling personal journey, Mellody provides readers with profoundly insightful and practical ground rules for relationships that achieve and maintain joyous intimacy. This

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invaluable resource helps diagnose the causes of faulty relationships—many of them rooted in childhood—and provides tools for readers to heal themselves, enabling them to establish and maintain healthy relationships.

It's no surprise that

*Page 61/74*

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our culture is addicted to "love." The sappy love songs, the enticing ads for romantic getaways and the desire to be cherished by a 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

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anything to find it and ultimately land in 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 relationships. Kelly

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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 dots" in their own relationship patterns by following the stories of four brave women. A newly added chapter



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on "Mother Hunger" explores the role of the mother in infancy and how she ultimately impacts a 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.

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Advice and step-by-step guidelines for those seeking to recover from addictive relationships.

Way You Love

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

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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, lonely, or worse. Lesbian Love Addiction:

Understanding the Urge to Merge and

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How to Heal When Things go Wrong makes visible the elements of love addiction that many lesbians suffer from. Love addiction for lesbians comes in many forms. Some struggle by sexually acting out and others are serial relationship junkies, jumping from one relationship into

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the next. Some are addicted to the high of falling in love and once 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

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Avoidants may be able to 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 between all of these. The

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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 D.  
Costine offers insight  
for lesbians, bisexual  
women in  
relationships with

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women, queer women, and more specifically, any woman who loves women, as well as their family and friends, and health care professionals, into the psychology of lesbian love addiction. It will give those who struggle with and suffer from love addiction ways to



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understand, cope,  
and heal from this  
debilitating addiction.  
It will give 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  
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