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## Love Addiction

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Sex and Love  
 Is It Love Or Is It Addiction?  
 Escape from Intimacy  
 The Marriage and Relationship Junkie  
 Addiction to Love  
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 Obsessed The Hidden Depths of Love Addiction  
 Love Addiction

*Love Addiction*

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### **BRODY CONRAD**

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#### **Sex and Love** HarperOne

(Foreword by Frank Worthen) A valuable resource for those recovering from relationship addiction, and for those who minister to them.

*Is It Love Or Is It Addiction?* Bloomsbury Publishing USA

Severing a cherished relationship is one of the most painful experiences in life—and cutting those emotional ties to a loved one can feel almost like ending an addiction. Up till now, people recovering from other problems were able to get real help—like AA and rehab—while those struggling in the aftermath of traumatic breaks dealt with platitudes and friends insisting they should "get over it already." But now Exaholics Anonymous treats getting over an ex like kicking a chemical habit. Written by counselor and therapist Dr. Lisa Bobby, Exaholics offers meaningful support and advice to anyone trapped in the obsessive pain of a broken, or dying, attachment. She

helps the brokenhearted heal, showing them, on a deep level, how to develop a conceptual framework for their experience, understand the emotional processes at work inside themselves, find the path to recovery, and free themselves of shame, injured ego, and remorse. In-depth case studies of others' journeys will illuminate the way to future happiness.

#### **Escape from Intimacy** Vincenzo Nappi

"Obsessed" delves into the complex and misunderstood world of love addiction, shedding light on the hidden depths and intricacies of this consuming phenomenon. Drawing from psychological research and expert insights, this book explores the relentless pursuit of love and intimacy that can lead individuals into the grips of addiction. From the thrill of infatuation to the depths of despair, "Obsessed" navigates the tumultuous journey of love addiction, uncovering the underlying motivations, behaviors, and consequences that characterize this gripping compulsion. Through candid narratives and compassionate analysis, readers gain a deeper understanding of the profound emotional and psychological forces at play. "Obsessed" offers guidance for those struggling with love addiction, providing strategies for self-awareness, healing, and reclaiming

control over their lives. Whether you're grappling with your own love addiction or seeking to support someone you care about, this book offers invaluable insights and pathways to empowerment.

#### **The Marriage and Relationship Junkie** Simon and Schuster

Everyone makes mistakes in relationships at one time or another. Sometimes they learn from those mistakes. Other 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, 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 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 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 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 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 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 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 may grow and cultivate happier, more fulfilling connections in the future.

#### **Addiction to Love** Aberdeen Bay

Has your partner become the main focus of your life? Do you suffer from jealousy and tend to have control over the life of your partner? Sounds like you might be emotionally dependent. It's normal desire for our partner's presence, especially at the first stage of a relationship, but it's not healthy when the partner becomes the center of your life. This can result in a problem that might affect your relationship and also your emotional wellbeing. In this book, you will find a comprehensive step by step guide on how to become emotional independent and have a happy and long lasting relationship. You will learn how to overcome love addiction, what the cause of your emotional dependency is and how to gain back control over your emotional life. Free yourself of the anxiety, jealousy and distress filling your mind every day. Enjoy your relationship without feeling insecure or dependent. Some things you will learn with this book: How and why you're emotional dependent Find out how dependent you are and how serious the problem is for you Concrete strategies to get rid of emotional dependency for good 10 tips to become an independent person and never revert to your old ways ... and more! With the proven strategies in this book, hundreds of people have experienced a significant improvement in their life, enjoying love without unnecessary suffering. Don't miss out on this opportunity to become emotionally independent and to be Happy In Love. Get your book now!

#### **Insatiable** She Writes Press

What do these people have in common? Carol cannot free herself from the abusive relationship she has endured for ten miserable years. Ben is 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 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 acting-out. Like drug addicts or alcoholics, love 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 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 women to enjoy real and lasting intimacy.

#### **Facing Love Addiction - reissue** Hachette Go

Written for those of us who struggle with codependency, these daily meditations offer growth and renewal, and remind us that the best thing we can do is take responsibility for our own self-care. Melody Beattie integrates her own life experiences and fundamental recovery reflections in this unique daily meditation book written especially for those of us who struggle with the issue of codependency. Problems are made to be solved, Melody reminds us, and the best thing we can do is take responsibility for our own pain and self-care. In this daily inspirational book, Melody provides us with a thought to guide us through the day and she encourages us to remember that each day is an opportunity for growth and renewal.

*Love Addiction Workbook* Health Communications, Inc.

Are you under a spell -- a love spell? Turns out, millions of people are -- but it's usually more serious than a cheesy love song or sappy ending to a movie. According to Psychology Today magazine, love is the number one hardest addiction to break. Kicking any addiction to the curb is tough to do, but giving up the dependence of another, along with the life you've built together, is even harder. With *How to Stop a Love Addiction*, you will learn the three parts of a love addiction: romance, relationships, and sexual addiction. Recognizing your addiction is the first step of any recovery program, but with this book you will learn how to move past feelings of isolation, hidden

pain, distrust, depression, inner rage, and rejection. This complete guide to ending and recovering from an obsessive dependence on another will teach you everything you need to know to overcome your bad romance, while giving you the knowledge you need to distinguish intimacy from intensity and avoid drama-driven relationships. Let this book be your support as you pick up the pieces of your broken heart; use it to help you escape feelings of worthlessness and your impulse to engage in high-risk behavior. As you manage your new image, you will learn how to examine personal fears and myths so you can develop a stronger sense of independence. Filled with tips for properly defining and distinguishing your "wants" and "needs," this book will teach you how to compartmentalize relationships from other areas in your life so your next breakup won't result in a breakdown. This book will walk you through the steps of quitting your love-hate relationship, as you begin to see yourself as you actually are -- not as you are with your significant other. You will learn how to tell the difference between sexual attraction and love at first sight, and how to perceive attraction, attachment, and sex in a healthy way. The latest research in *How to Stop a Love Addiction* will teach you why obsession is often mistaken for love, and how to uncover the true source of your fixation on heartache. With a comprehensive quiz to help you determine if you are, in fact, addicted to love, this book also provides worksheets while walking you through a proven 12-step program to recovery. Along the way, you will uncover a passion that fills your void and renews your sense of self worth. We've spent hundreds of hours interviewing psychologists and other experts to compile the most up-to-date, realistic guide to overcoming your dependence on that crazy little thing called love.

#### **What Is Relationship Addiction** A&C Black

"Understanding love addiction: Why you love too much" is an insightful and compassionate guide that delves deep into the complex web of love addiction, offering a roadmap to recovery and emotional liberation. If you find yourself caught in the relentless cycle of loving too much - where affection turns into obsession, and relationships become a source of turmoil rather than joy - this book is your companion on the path to healing. In this transformative eBook, you'll embark on a journey of self-discovery, equipped with profound insights, relatable anecdotes, and practical strategies that empower you to break free from the chains of love addiction. Through each chapter, you'll unravel the intricate layers of this emotional entanglement, gaining a profound understanding of its roots, patterns, and consequences.

#### *Love Addiction* Susan Peabody

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

#### *Understanding Love Addiction* Vine Books

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 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 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 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 the field.

#### *Love Addiction* Hazelden Publishing & Educational Services

Addicted to Love is a roadmap to recovery and healthy relationships for female sex and love addicts. It's hard to imagine love without the pain. Women who live with love addiction are a unique breed having learned to cope in a sex-driven world by finding their worth in sexuality and being wanted. The human need for lasting, meaningful relationships is constantly sabotaged by these women's own behaviors on top of events outside their control. In *Addicted to Love*, Lacy A. Bentley—a woman who has been there—introduces her own recovery journey with courageous honesty to guide other women on their paths to recovery. Each chapter focuses on a different trait of emotional health and teaches women to integrate that trait in a workbook-style format. Lacy shows them how to secure their romantic heart, love like they were meant to, and break free from compulsive patterns, while presenting new ways of seeing day-to-day patterns. Every word guides brave women into the relationships they truly want and deserve—without excuses, compulsions, or addiction in the recovery roadmap of the future.

#### *Addicted to "love"* Rowman & Littlefield

When Love Is A Drug tells the story of three love addicts. It portrays the depths of despair that all three faced and how they each turned their lives around. It describes what love addiction is and how you too can thrive despite suffering from this terrible affliction. If, like us, you are a fellow love addict, you will find information and guidance within these pages that may be invaluable in your diagnosis, understanding and subsequent recovery from love addiction.

#### **A Woman in Love** Simon and Schuster

When the girl only for her boyfriend to go to school, how could he expect, he took her hard-earned money to raise a mistress. After being tricked into returning home, that vicious sister-in-law actually wanted to sell her to a rich old man. He panicked and said that his boyfriend was a rich young master. This brother and sister came to seek confirmation, but the noble young master actually admitted it. It was a strange marriage. From then on, she married into a rich family. However, what awaited her was a ...

#### *Emotional Dependence and Love Addiction* Idyll Arbor

In her professional life, Shary Hauer was a confident, 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, 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 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, 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 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 of all: love.

#### *Facing Love Addiction - reissue* Morgan James Publishing

The National Institute of Health has identified sexual addiction as a research priority. This volume provides a detailed definition of sex and love addiction as well as an explicit outline of treatment and recovery. It uniquely integrates sex and love in its formulation and presents a two level approach to recovery. This presentation provides in-depth examples and suggestions for change and supports the growing involvement of Twelve-Step programs in mental health. Professionals will find this volume an excellent resource in their clinical practice. People can be addicted to sex and/or love and recovery is possible. More than ten years ago the National Institute of Health identified sexual addiction as a research priority. Experts now conservatively estimate a prevalence rate of 5 percent of the American population. Eric Griffin-Shelley provides a detailed definition of sex and love addiction as well as an outline of treatment and recovery. Unique to this work, Griffin-Shelley integrates sex and love in its formulation and also presents a two-level approach to recovery. This presentation provides in-depth examples and suggestions for change and supports the growing involvement of Twelve-Step programs in mental health. Professionals can use this resource in their clinical practice to identify and assist sex and love addicts. Griffin-Shelley clearly describes the behavior of sex and love addicts and the emotions they may be experiencing. Problems such as multiple addictions (to drugs, alcohol, food, work) are examined. The book's two-layer approach to recovery focuses initially on the establishment of sobriety and

then outlines an outer layer of protection that the sex and love addict can develop to sustain long-term recovery. Griffin-Shelley's meticulous description of the role of psychotherapy in aiding the recovery process is clearer than any book published to date on either sex or love addiction.

[Love Smacked: How to Stop the Cycle of Relationship Addiction and Codependency to Find Everlasting Love](#) Independently Published

Schaeff investigates "sexual anorexia", sexual violence, the role of shame and guilt, the role of self-esteem, the myth of the cosmic mate, relationship as "fix", and how these beliefs translate into an avoidance of intimacy. A 12-step program for recovery is offered.

[Crazy for You](#) M J F Books

Love addicts are so obsessed with romance & with meeting the expectations of their partners that

they completely lose their sense of self and their own legitimate needs. This book is unique because it teaches the skills you need to identify and change the circular, illogical and obsessive thoughts that fuel your addiction.

*The Language of Letting Go* Union Square & Co.

✓ What Is Relationship Addiction ♥ ✓ How To Break The Pattern Of Love Addiction ♥ ✓ How To Recover From An Addictive Relationship ♥ ★ Relationship addiction, or love addiction, is described together as a person "loving" another person with a fanatical intensity that's not within the best interest of either party. Relationship addicts tend to get entangled in short, intense romantic relationships. If they're involved during a long-term relationship, it's usually characterized by many highs and lows. In some cases, love addicts completely withdraw from romantic or sexual relationships to avoid feelings of vulnerability. ♥ ★ Relationship addiction may be a painful,

compulsive, and addictive disorder that negatively impacts not only the addict but the thing of their obsession. Gentle Path at The Meadows helps our patients to beat root issues and take steps towards experiencing healthy, fulfilling relationships. ♥

*Addicted to "love"* Frontiers Media SA

"Narrative of his successful fight to stay in recovery and stop acting out sexually helps the reader understand the power of sex and love addiction and why addicts (clergy, politicians, teachers, etc.) throw away their livelihoods, reputations, marriages, and emotional, physical, and spiritual well being by engaging in illegal and abhorrent behavior. He also shows how the prevalence of sex throughout our society, including the Internet may be putting many more of us at risk"--Provided by publisher.