

Love And Addiction

The Meaning of Addiction -

Stanton Peele 1998-08-28

A controversial and persuasive analysis of addiction A tour de force, a spectacular effort of research and understanding.

This book gives us the courage to bypass disease notions to deal with intrapsychic, family

system, and social and cultural dynamics in addiction. ?David Cook, Counseling and Psychological Services, University of Wisconsin

This compelling and controversial book challenges the

widely accepted belief that alcohol and drug addiction

have a genetic or biological basis. The so-called disease

theory suggests that a substance or activity can cause

the addict to lose control of his behavior. Stanton Peele

demonstrates how this notion fails to make sense of

scientific observations. Analyzing studies of drug and

cigarette addiction, alcoholism, obesity, and other potential compulsions such as running and sex, Peele reveals the surprising frequency of self-cure as part of the evidence. The author finds that compulsive habits and dependencies are a way of coping that individuals can reverse as their life circumstances change. This brilliantly argued book is sure to provoke discussion and stimulate new approaches to treatment.

7 Tools to Beat Addiction - Stanton Peele. Ph.D., J.D. 2007-12-18

Whether you are battling drugs, nicotine, alcohol, food, shopping, sex, or gambling, this hands-on, practical guide will help you overcome addiction of any kind. If you or a loved one are struggling with addiction but do not find that twelve-step or other treatment programs work for you, 7 Tools

Whether you are battling drugs, nicotine, alcohol, food, shopping, sex, or gambling, this hands-on, practical guide will help you overcome addiction of any kind. If you or a loved one are struggling with addiction but do not find that twelve-step or other treatment programs work for you, 7 Tools

to Beat Addiction can help. Internationally recognized expert Dr. Stanton Peele presents a program for addiction recovery based on research and clinical study and grounded in science. His program utilizes proven methods that people actually use to overcome addiction, with or without treatment. 7 Tools to Beat Addiction offers in-depth, interactive exercises that show you how to outgrow destructive habits by putting together the building blocks for a balanced, fulfilling, responsible life. Dr. Peele's approach is founded on the following tools: • Values • Motivation • Rewards • Resources • Support • Maturity • Higher Goals This no-nonsense guide will put you in charge of your own recovery.

Craving for Love - Briar Whitehead 2003

(Foreword by Frank Worthen)

A valuable resource for those recovering from relationship addiction, and for those who minister to them.

Sex and Love - Eric Griffin-Shelley 1991-04-30

2. What is a Sex and Love Addiction? Definition of Addiction, The High, Tolerance, Dependence, Craving, Withdrawal, Obsession, Compulsion, Secrecy, Personality Change, Getting It All Together: Diagnostic Criteria. 3. The Disease Concept of Addictions: Competing Theories of Addictions, The Disease Model of Addiction, The Disease of Sex and Love Addiction, Severity of Sex and Love Addictions. 4. Short-Term Treatment and Recovery: Twelve-Step Programs - H.O.W., Bottom Lines and Triggers, Secrecy, Why Me?, Masks and Attitudes, Relapse and Relapse Prevention. 5. Long-Term Treatment and Recovery: Self-Affirmation, Support Systems, Families, Boundaries, Nurturing and Discipline, PTSD, Healthy Intimacy.

Women, Sex, and Addiction - Charlotte S. Kasl 1990-07-05

In our society, sex can easily become the price many women pay for love and the illusion of security. A woman who seeks a

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sense of personal power and an escape from pain may use sex and romance as a way to feel in control, just as an alcoholic uses alcohol; but sex never satisfies her longing for love and self-worth. In this wise and compassionate book, Charlotte Kasl shows women how they can learn to experience their sexuality as a source for love and positive power and sex as an expression that honors the soul as well as the body.

Love Addiction - Martha R. Bireda 1990

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.

Know Your Worth - Anna Mathur 2021-05-13

THE INSTANT SUNDAY TIMES BESTSELLER 'Anna's wise, uplifting and refreshingly honest words are what every

woman needs to read right now' Fearn Cotton Your worth never changed. Your awareness of it did. A strong understanding of self-worth is crucial to living an authentic and fulfilling life, yet so many of us have lost that sense of who we truly are and what we are worthy of. On the surface, this may look like low confidence, imposter syndrome, chronic busy-ness, exhaustion, overwhelm, fear or anxiety, but at the core, it's low self-worth. In her second book, Sunday Times bestselling author and psychotherapist Anna Mathur will set you on a journey towards greater self-worth. Anna will use her personal and professional insight to guide you to a place of balance that will allow you to recognise and appreciate your self-worth, build your self-esteem, grow in confidence and worry less about what other people think. Using Anna's own experience of embarking on this journey herself, and spending ten years facilitating her therapy clients to do the same, Know Your Worth will

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help you to understand why you feel the way you do, what perpetuates it and what the cost of low self-esteem has been for you. It will provide the coping mechanisms, habits and tips that will redirect your self-esteem on a healthy and fulfilling upward spiral and help you to escape the relentless desire to 'be better' and 'do more' with the realisation that perhaps you were actually far more acceptable than you first thought.

Stage II Relationships - Earnie Larsen 2013-02-26

Offers clear and practical techniques for couples and families who have faced the issue of addiction and are now striving to bring health and vitality to their relationships.

Beyond Reward: Insights from Love and Addiction -

Xiaochu Zhang 2017-01-19

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.

Diseasing of America - Stanton Peele 1999-02-03

A Controversial Argument

Against the Disease Theory of Addiction *Diseasing of America* is a powerful and controversial rebuttal to the "addiction as disease model" that many vested interests-including doctors, counselors, psychologists, treatment centers, and twelve-step programs that specialize in

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addiction treatment-don't want you to read."I found the arguments in *Diseasing of America* persuasive and carefully documented. While I find current addiction-treatment models helpful, I think it is critical to look at Stanton Peele's work to question our fundamental assumptions and adjust them on the basis of data."-Jennifer P. Schneider, author of *Back From Betrayal and Sex, Lies, and Forgiveness*, and member of the American Society of Addiction Medicine"A provocative review of the uses and abuses of the disease model in the past three decades. This important book has significantly added to my education and clinical understanding of addiction in my professional practice."-Richard R. Irons, M.D., The Menninger Clinic

[Facing Love Addiction - reissue](#)
- Pia Mellody 2011-11-22

A brilliant new guide to understanding the origins of 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 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 clearing up the toxic feelings left over from childhood and learning to reparent 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 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 is a powerful tool for understanding the nature of

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codependence.

Facing Love Addiction - Pia Melody 1992-06-05

The author of the bestselling *Facing Codependence* unravels the intricate dynamics of toxic love relationships and shows us how to let go of toxic love. In this revised and updated edition of *Facing Love Addiction*, internationally recognised dependence and addiction authority Pia Melody clearly outlines the debilitating 'toxic' patterns played out by love addicts and the unresponsive love avoidants to whom they are painfully and repeatedly drawn.

[Lesbian Love Addiction](#) -

Lauren D. Costine 2015-11-05
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

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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.

Love Addict - Ethlie Ann Vare
2011-09

Neuroscience now shows us--in living color, thanks to PET scans and fMRI technology--that falling in love affects our brains precisely the same way

as snorting cocaine. Award-winning author and screenwriter Ethlie Ann Vare already knew that; she's been addicted to both. She survived to tell the tale . . . with humor, honesty, and hope. Just because something is addictive doesn't mean that you will get addicted to it. But . . . if your stomach ties up in knots while you count the seconds waiting for a phone call from that special someone . . . if you hear a loud buzzing in your ears when you see a certain person's car (or one just like it) . . . if your eyes burn when you hear a random love song or see a couple holding hands . . . if you suffer the twin agonies of craving for and withdrawing from a series of unrequited crushes or toxic relationships . . . if you always feel like you're clutching at someone's ankle and dragged across the floor as they try to leave the room . . . welcome to the club. With a light touch and a sharp wit, Ethlie has enlisted some famous love junkies--including supermodel Amber Smith, movie star William McNamara,

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and comedienne Margaret Cho-
and the top therapists and
researchers in the field to help
lead you from the dark of
despair into the dawn of
recovery.

Love and Addiction - Stanton
Peele 1976

Love First - Jeff Jay
2021-04-27

"Love First provides clear steps
for families, friends, and
professionals to create a loving
and effective intervention plan
for helping those who have an
addiction. This revised and
expanded twentieth-
anniversary edition adds new
intervention techniques for
alcohol and other drug
addictions, plus contemporary
insights from the authors'
decades of front-line work with
those who are addicted and
their families. Also new are
tools to help families undertake
the treatment journey together
and transition from
intervention team to ongoing
community of support for
lifelong recovery"--

Is It Love or Is It Addiction -
Brenda Schaeffer 2009-08-07

A fresh, updated, and expanded
edition of the book that
changed the way we think
about romance and intimacy.
Many of us confuse longing and
obsession with true love.
Through two previous editions,
Is It Love or Is It Addiction?
has helped countless people
find their way from the trials
and confusion of addictive love
to the fulfillment of whole and
healthy relationships. As the
author reveals, we can begin to
work through relationship
difficulties with compassion
and lasting effect by increasing
our awareness of the ways that
we express love. In this
expanded third edition, Brenda
Schaeffer draws on years of
feedback and new
developments to foster an
understanding of love
addiction: what it is and what it
is not, how to identify it, and,
even more important, how to
break free of it. Stories of real
people struggling to develop
sound relationships illustrate
the characteristics of healthy
love and help readers to free
themselves to find real
intimacy. Included is the most

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up-to-date information about the biological basis of addictive behaviors and the impact of technology on intimate relationships. The author also explores the influence of past abuse and trauma on the predisposition to love addiction.

Addiction to Love - Susan Peabody 2011-04-13

Love addiction manifests in many forms, from Fatal Attraction-type obsessive lust to less extreme but nonetheless psychologically and emotionally harmful forms. The most common of these is staying in a bad relationship because of a fear of being alone-the "I hate you but don't leave me" relationship. In *ADDICTION TO LOVE*, recovering love addict Susan Peabody explains the variety of ways this disorder plays out, from the obsessively doting love addict to the addict who can't disentangle from an unfulfilling, dead-end relationship. Peabody provides an in-depth and easy-to-follow recovery program for those suffering from this unhealthy

and often dangerous addiction and explains how to create a loving, safe, and fulfilling relationship. • A seminal work on unhealthy and obsessive behaviors in love, and how to change behavior to have a positive relationship. This third edition includes a new introduction and revisions to the text throughout. • Some symptoms of love addiction include love at first sight, excessive fantasizing, abnormal jealousy, nagging, and accepting dishonesty. • Even relationships with parents, children, siblings, or friends may be addictive-dependency is not always related to romantic love. • Previous editions have sold more than 40,000 copies. "Love addiction is a three-headed serpent that Susan Peabody adeptly slays. This is the quintessential book for any love addict or counselor needing to fully understand this highly prevalent and complex disorder. Susan detects and dissects aspects of this condition not comprehended in other books of its kind. Recovery is

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possible. This book makes it possible to take the succinct steps necessary toward a loving and reciprocal long-term intimate relationship." —Sudi Scull, M.F.T., C.N., psychotherapist and nutritionist

High - April Joy Bowden
2010-03-25

HIGH - On LOVE & ADDICTION follows the relationship between two women. During the relationship, it is discovered

that one of the women is addicted to crack cocaine. After years of dealing with the addiction, April runs away to another state. When tragedy occurs, it brings the two back together. The book chronicles the ups and downs of the relationship and Jeanie's struggle to get clean.

Is It Love Or Is It Addiction? - Brenda Schaeffer 1995-04
Offers advice & a practical guide to making relationships work

Love And Addiction:

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