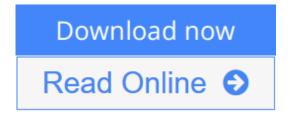


# **Facing Love Addiction: Giving Yourself the** Power to Change the Way You Love

By Pia Mellody, Andrea Wells Miller, J. Keith Miller



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In this revised and updated version of Facing Love Addiction, bestselling author of Facing 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, Facing Love Addiction compassionately and realistically outlines the recovery process for Love Addicts, and Mellody's fresh perspective and clear methods work to comfort and motivate all those looking to establish and maintain healthy, happy relationships.



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Facing Love Addiction: Giving Yourself the Power to Change the Way You Love By Pia Mellody, Andrea Wells Miller, J. Keith Miller Bibliography

• Sales Rank: #6322 in Books

• Brand: Unknown

Published on: 2003-04-29Released on: 2003-04-29

• Ingredients: Example Ingredients

• Original language: English

• Number of items: 1

• Dimensions: 9.00" h x .68" w x 6.00" l, .64 pounds

• Binding: Paperback

• 240 pages

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#### **Editorial Review**

From Library Journal

Mellody has written a lucid and informa tive book on a subject little understood: love addiction. Speaking both from per sonal experience and a clinical standpoint, she very carefully defines her terms, in cluding "love addict," "avoidance addict," and, of course, codependence. The last term she carefully distinguishes from love addiction. She also includes information on the recovery process, the marks of a healthy relationship, and the process of en tering into a healthy relationship. The book concludes with a set of journal exer cises designed to help someone in recov ery. Worthwhile reading that is recommended for libraries serving both the professional and general reader.

-Barbara L. Flynn, Chicago P.L.

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About the Author

Pia Mellody is an internationally renowned lecturer on the childhood origins of emotional dysfunc-tion. Her recovery work-shops have benefited people all over the world and her bestselling books have been translated into many languages. She is a member of the faculty at The Meadows Treatment Center, a residential center for victims of trauma, emotional abuse, and addictions, in Wickenburg, Arizona.

J. Keith Miller, the author of A Hunger for Healing, is a popular speaker and conference leader, and author. Among his best-selling books are *The Taste of New Wine* and *Hope in the Fast Lane*. He is also the coauthor of *Facing Codependence*.

#### **Users Review**

#### From reader reviews:

#### Mora Miller:

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