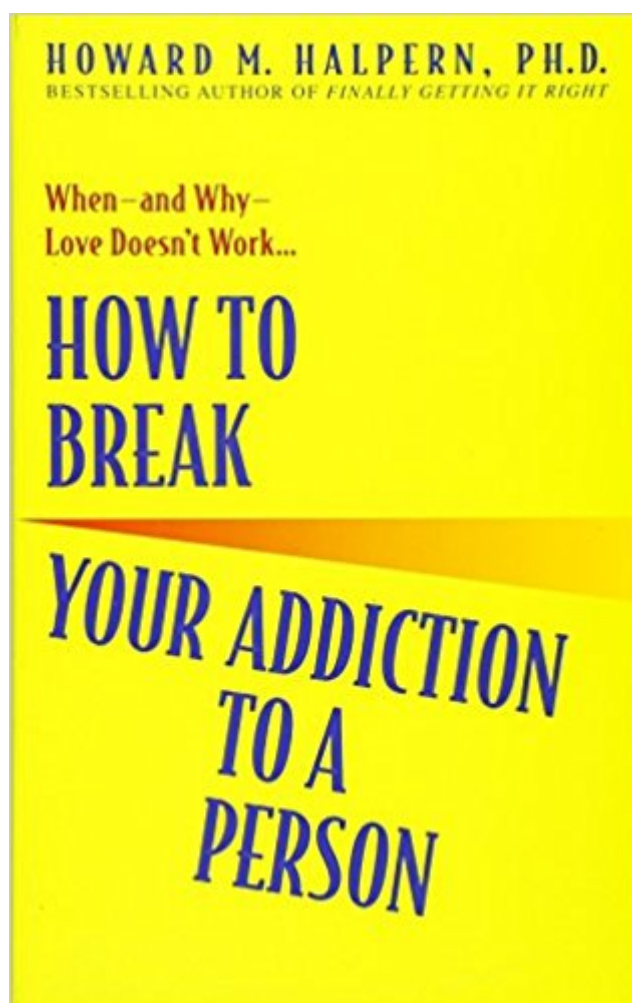


The book was found

# How To Break Your Addiction To A Person: When--and Why--Love Doesn't Work



## Synopsis

Are you in love--or addicted? How to know when to call it quits...and how to find the courage to call it quits. Are you unable to leave a love relationship even though it gives you more pain than joy? Your judgment and self-respect tell you to end it, but still, to your dismay, you hang on. You are addicted--to a person. Now there is an insightful, step-by-step guide to breaking that addiction--and surviving the split. Drawing on dozens of provocative case histories, psychotherapist Howard Helpern explains to you: Why you can get addicted to a person. Why and how you may try to deceive yourself. ("He really loves me, he just doesn't know how to show it.") How you can recognize the symptoms of a bad relationship. How to deal with the power moves and guilt trips your partner uses to hold you. Why strong feelings of jealousy do not mean you are "in love." How to get through the agonizing breakup period--without going back. How not to get caught in such a painful relationship again. From the Paperback edition.

## Book Information

Paperback: 272 pages

Publisher: Bantam; Reprint edition (December 30, 2003)

Language: English

ISBN-10: 0553382497

ISBN-13: 978-0553382495

Product Dimensions: 5.2 x 0.6 x 8.3 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 141 customer reviews

Best Sellers Rank: #42,967 in Books (See Top 100 in Books) #46 in Books > Health, Fitness & Dieting > Mental Health > Codependency #285 in Books > Self-Help > Relationships > Love & Romance #373 in Books > Self-Help > Relationships > Interpersonal Relations

## Customer Reviews

Are you in love--or addicted? How to know when to call it quits...and how to find the courage to call it quits. Are you unable to leave a love relationship even though it gives you more pain than joy? Your judgment and self-respect tell you to end it, but still, to your dismay, you hang on. You are addicted--to a person. Now there is an insightful, step-by-step guide to breaking that addiction--and surviving the split. Drawing on dozens of provocative case histories, psychotherapist Howard Helpern explains to you: Why you can get addicted to a person. Why and how you may try to deceive yourself. ("He really loves me, he just doesn't know how to show it.") How you can recognize the

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Are you in love--or addicted? How to know when to call it quits...and how to find the courage to call it quits. Are you unable to leave a love relationship even though it gives you more pain than joy? Your judgment and self-respect tell you to end it, but still, to your dismay, you hang on. You are addicted--to a person. Now there is an insightful, step-by-step guide to breaking that addiction--and surviving the split. Drawing on dozens of provocative case histories, psychotherapist Howard Helpern explains to you: Why you can get addicted to a person. Why and how you may try to deceive yourself. ("He really loves me, he just doesn't know how to show it.") How you can recognize the symptoms of a bad relationship. How to deal with the power moves and guilt trips your partner uses to hold you. Why strong feelings of jealousy do not mean you are "in love." How to get through the agonizing breakup period--without going back. How not to get caught in such a painful relationship again. "From the Paperback edition.

This book should be read even if your not addicted to a person! It's more about what makes us love, what makes us miss someone, how can our own mind trick us and so on. It puts relationships to those around us and new once formed into a whole new perspective. The book does such a great job at explaining how truly our childhoods and upbringing by our parents effect us in adult life. Much more than we think about and how. In my opinion this is one of the most important books you can read in life - regardless of your relationship status.

Buy this book if you feel you could have been part of an addictive relationship. I did not know it. I suspected that my bond to this person was unhealthy and I wondered why I could not heal long after the breakup. I felt something was wrong with me. I wanted to learn from this experience to not make the same mistake again. I found this book and it changed my life. It answered all my questions, helped me to understand the why's and gave me the tools for selfdiscovery. I am happy with my present and glad this is behind me. This book will become your psychologist . This book will changed you life and help you to open your heart to a healthy loving relationship.

How to Break Your Addiction to a Person: When and Why Love Doesn't Work, and What to Do

About It After reading this book, I have my 1st major turning point after my breakup since 4 months ago. I am not able to cut off my communication with my ex and emotion is like a roller coaster. I realised I am addicted to him and not able to break through. When I searched for help via the web, I found this book. I never thought this will help me so much. I have read a few other books to help me through this grieving period, but this is the one that help me to breakthrough. I recommended to all who are suffering from the breakup and not able to move on.

it works, great book, my mind has broken free ive recently had contact with the person i wa addicted to and its a miracle..this book is a great tool its not ALL the work you gotta do, but it certainly sets the context and sets you up to do the work

Dr. Halpern describes a state he calls infant time. I've read many books about co-dependency and love addiction, but this concept IMO is a sea change in understanding the issue. It helped me to finally see what actually happens in the throes of withdrawal (or its' anticipation). If this is a situation you're dealing with I highly reccomend this book AND a support network. If you don't have one seek out Co-dependents anonymous. I can't thank Dr. Halpern enough. God bless you!

One of the best books I have ever read! Well written and easily applicable to what's going on in your life and others. This is a book you will want to read over and over again.

Why.. after years of trying to figure out "why" this person acted and stated he was addicted to me! How? I couldnt understand it and wanted a reason! I found it, after the first 30 pages in this well written easy to read "guide" I found my answers to a current "toxic addictive" relationship. Then, more so into the book the reasons "why" logically, you cant seem to "shake em" or why it physically hurt when you tried to break away. The descriptive wording of "attachment hunger" and the degrees in which it is in ALL of us answered so many questions about present and past relationships!

Great help to me. Simply written, easy to put into action in your own life. At 67 years old I still have things to learn about myself and it was cheaper than a therapist.

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