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IS IT LOVE OR IS IT ADDICTION?

The book that changed
the way we think about
romance and intimacy

Brenda Schaeffer

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Is It Love Or Is It Addiction

Michal Rosen-Zvi



Is It Love Or Is It Addiction:

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 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

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

Is it Love Or is it Addiction? Brenda Schaeffer, 1987 *Love and Addiction* Stanton Peele, Archie Brodsky, 1976-05 *Addictions Counseling Today* Kevin G. Alderson, 2019-11-14 Winner of the 2020 Canadian Counselling and Psychotherapy Association CCPA Counselling Book Award Enlightening and practical Addictions Counseling Today invites students into the heart of addictive thinking offering first person accounts of what it is like to experience different addictions The text covers the range of addictions from alcohol drug abuse and nicotine to various process addictions including sex internet gaming social media and gambling Also included are the various theories and models of addiction with a unique chapter on the neuroscience of addiction Focusing on the new DSM V classifications for addiction with an emphasis on CACREP and treatment this provocative contemporary text is an essential reference for both students and practitioners wanting to gain a deeper understanding of those with addiction Online Resources Free PowerPoint slides with video for instructors are available with this text

A Clinical Guide to Treating Behavioral Addictions Amanda L. Giordano, 2021-06-22 Giordano an established scholar in behavioral addictions has provided a landmark clinical reference book This text provides the quintessential guide to understanding process addictions with detailed attention to assessment and treatment that is unparalleled in the literature This is a must have book for every clinician Craig S Cashwell Ph D LPC NCC ACS CSAT S Professor William Mary This groundbreaking text A Clinical Guide to Treating Behavioral Addictions is a must read for counselors and educators alike As a former addictions counselor now counselor educator I found the information in this text timely relevant and instrumental to the work of treating persons with behavioral addictions This go to resource will prove to be invaluable for years to come Michael K Schmit PhD LPC Hazelden Betty Ford Graduate School of Addiction Studies An innovative new text addressing 11 behavioral addictions in detail with a focus on recent neuroscience

This practical approachable guide for clinicians comprehensively covers an array of behavioral addictions ranging from internet gaming addiction and sex addiction to social media addiction and food addiction Each chapter answers foundational questions to inform clinical practice including How do I conceptualize it How do I identify it How do I assess it How do I treat it and How do I learn more Through this innovative resource clinicians will gain valuable knowledge regarding the conceptualization identification assessment and treatment of behavioral addictions Each chapter highlights the most current research related to specific behavioral addictions provides a synthesis of recent neuroscience and examines diverse treatment approaches to fit the widest range of clinical styles In addition this book describes the evolving definition of addiction provides examples of how to advocate for clients with behavioral addictions and devotes an entire chapter to understanding the neuroscience of addiction This clinical reference book will help counselors provide compassionate effective services to clients with a variety of behavioral addictions Purchase includes digital access for use on most mobile devices or computers Key Features Offers Voices from the Field sections in which clinicians describe their experiences working with each behavioral addiction Includes a chapter completely devoted to the neuroscience of addiction in addition to a synthesis of recent neuroscience in each chapter Synthesizes current research to aid in clinical conceptualizations Describes useful assessment instruments and how to access them Presents a wide range of treatment approaches and 12 step program options Provides abundant resources for further study

Be Your Own Dating Service Nina

Atwood,2016-03-29 Where are all the good people to date Why do I always end up with the wrong person Why is love so hard to find This upbeat and on target book answers these questions and many more providing today s singles with a blueprint for creating rewarding dating experiences

Little White Lies, Deep Dark Secrets Susan Shapiro Barash,2009-01-06 Women

Addiction to Love Susan Peabody,2005-03-01 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 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 **Behavioural Addiction in Women** Fulvia Prever,Gretchen Blycker,Laura Brandt,2023-06-28 Behavioural Addiction in Women gives insight into ongoing research efforts and clinical developments across the globe focusing specifically on women with behavioural addictions The book brings together an international network of clinicians and researchers to offer a unique transcultural female perspective on female specific aspects of addiction which is underrepresented in the available literature By compiling both research and clinical spotlights focusing on women with behavioural addictions across the six continents the book is an important first step towards building a shared knowledge base on the subject starting from the importance of female specific diagnostic criteria to new therapeutic strategies prevention programs and harm reduction approaches This book will help us gain a better understanding of ongoing work and where to allocate our attention and efforts for helping a vulnerable and in many areas of the world still underserved and economically disadvantaged population The book will be of great interest to researchers and clinicians in the field of addiction **The Behavioral Addictions** Edited by Michael S. Ascher M.D.,Petros Levounis M.D. M.A.,2015-04-01 The Behavioral Addictions provides a pragmatic and engaging guide to help clinicians understand and contextualize conditions that may not be clearly delineated in the DSM 5 diagnostic system Although not accorded a specific classification the behaviors addressed in this book share the accepted hallmarks of addiction continued engagement in an action despite negative consequences and loss of control over one s own life The editors begin with an overview of the behavioral addictions from neurobiological theoretical clinical and forensic perspectives and then present 12 case studies focused on a variety of behaviors from exercising to Internet gaming and from kleptomania to tanning These real life case studies are both fascinating and instructive and along with accompanying videos they help trainees and practicing clinicians alike to digest current research and gain hands on experience with the diagnosis and treatment of these conditions In the realm of behavioral addictions there is much work to be done figuring out reliable diagnostic criteria building useful assessment tools and developing effective psychosocial and pharmacological treatments to name a few critical tasks The Behavioral Addictions is an indispensable case based resource to guide clinicians in this rapidly changing field *The Cambridge Handbook of Substance and Behavioral Addictions* Steve Sussman,2020-08-06 Written by leaders in the addictions field 100 authors from six countries this handbook is a thoroughly comprehensive resource Philosophical and legal issues are addressed while conceptual underpinnings are provided through explanations of appetitive motivation incentive sensitization reward deficiency and behavioral economics theories Major clinical and research methods are clearly mapped out e g MRI behavioral economics interview assessments and qualitative approaches outlining their strengths and weaknesses giving the reader the tools needed to guide their research and practice aims The etiology of addiction at various

levels of analysis is discussed including neurobiology cognition groups culture and environment which simultaneously lays out the foundations and high level discourse to serve both novice and expert researchers and clinicians Importantly the volume explores the prevention and treatment of such addictions as alcohol tobacco novel drugs food gambling sex work shopping the internet and several seldom investigated behaviors e g love tanning or exercise

Les addictions comportementales Michael S. Ascher, Petros Levounis, Marc-Antoine Crocq, Alexis Etienne Boehrer, American Psychiatric Publishing, Inc., 2018-09-04 Cet ouvrage explore le diagnostic et le traitement des patients souffrant de dépendances comportementales Ralis partir de cas cliniques r els il d crit les comportements addictifs sans substance des plus communs aux moins connus dont ceux d crits dans le DSM 5 avec la d finition du comportement probl matique la pr valence la revue de la litt rature scientifique r cente les crit res diagnostiques les outils de d pistage la pr sentation de cas le diagnostic diff rentiel les m thodes th rapeutiques notamment celles valid es par des tudes contr l es les points cl s la fin des chapitres les QCM corrig s permettant d ancrer les connaissances Les chapitres d introduction offrent une vue d ensemble des addictions comportementales du point de vue neurobiologique th orique clinique et judiciaire Les addictions trait es incluent l exercice physique l alimentation le jeu d argent les jeux sur Internet Internet les SMS et e mails la kleptomanie le sexe l amour les achats le bronzage le travail En bonus 6 vid os de cas cliniques en langue anglaise

Substance and Behavioral Addictions Steve Sussman, 2017-02-06 Substance and Behavioral Addictions Concepts Causes and Cures presents the concepts etiology assessment prevention and cessation of substance tobacco alcohol other drugs and food and behavioral gambling Internet shopping love sex exercise and work addictions The text provides a novel and integrative appetitive motivation framework of addiction while acknowledging and referencing multi level influences on addiction such as neurobiological cognitive and micro social and macro social physical environmental The book discusses concurrent and substitute addiction and offers prevention and treatment solutions which are presented from a more integrative perspective than traditional presentations This is an ideal text for upper level undergraduates and graduate students practitioners and researchers

Passion and Addiction in Sports and Exercise Attila Szabo, Zolt Demetrovics, 2022-06-07 Passion and Addiction in Sports and Exercise is about the bright and dark aspects of sports and exercise behavior and revolves around two closely related yet distinct concepts Passion is a joyful and healthy reflection of one s enjoyment and dedication to an adopted sport or exercise At the same time exercise addiction is an obligatory and must be done training regimen This book is the first to attempt to explain the significant differences between passion and addiction in sports and exercise as well as the relationship between the two This book presents an overview of three dimensions of passion and offers a new frame to contextualize exercise addition The work also addresses the misinterpretation of certain aspects of training e g intensity frequency and commitment often related to the risk of exercise addiction After introducing the health benefits of exercise the book looks at the passion for sports and exercise training and the transition into maladaptive practice Then it presents

definitions and theoretical models for exercise addiction It then examines exercise addiction cases while also illustrating how excessive or high exercise volumes could be beneficial instead of problematic The last chapter offers a new approach for a better understanding of exercise addiction *Passion and Addiction in Sports and Exercise* is helpful for students researchers and clinicians interested in sport and exercise psychology athletic training behavioral addictions and physical education As well as being valuable reading for all regular exercisers and physically active individuals including athletes competing at various levels in different sport disciplines *Best of Both Worlds* Richard Koepke, 2009-10 Can a murdered person come back from the grave to tell her autobiography through the voice of a psychic medium During the summer of 1980 a young Canadian beauty Dorothy Stratten and her husband Paul Snider were murdered in Los Angeles under mysterious circumstances and a shroud of cover up Many lives would change drastically as people abandoned the Playboy ship en masse in the aftermath This book offers theological insight into sexual abuse hedonism PTSD trauma stress related illness human trafficking codependence and forgiveness *Love Right: Recognize and Avoid Emotional Entanglements* Pasquale De Marco, In the vast ocean of human experience love stands as a beacon of hope a guiding light illuminating our path towards connection fulfillment and profound joy Yet this noble pursuit can also lead us into treacherous waters where emotional storms threaten to engulf us and leave us battered and lost This book is a lifeline for those navigating the complexities of love and relationships With empathy wisdom and practical guidance it reveals the hidden currents of emotional entanglements empowering readers to recognize and avoid relationships that drain their spirit and diminish their self worth Through real life stories and expert insights this book unveils the subtle signs of manipulation control and emotional abuse It equips readers with the tools to set boundaries protect their emotional well being and break free from the chains that bind them to unhealthy partnerships Beyond mere avoidance this book charts a course towards cultivating thriving fulfilling relationships It explores the essential qualities of healthy partnerships emphasizing the significance of communication empathy and mutual respect It offers invaluable guidance on building strong foundations for lasting love fostering emotional intimacy and resolving conflicts constructively Whether you seek to heal from past hurts navigate the challenges of a current relationship or embark on a new journey of love this book is your trusted companion Its pages hold the keys to unlocking the transformative power of love enabling you to embrace authentic connections and create relationships that are a source of joy growth and enduring fulfillment With compassion and clarity this book guides you through the labyrinth of love helping you to recognize red flags cultivate self love and make choices that align with your deepest values It empowers you to break free from emotional entanglements embrace your own worth and embark on a journey of self discovery and healing If you like this book write a review *Issues in Addiction and Eating Disorders: 2011 Edition*, 2012-01-09 *Issues in Addiction and Eating Disorders 2011 Edition* is a ScholarlyEditions eBook that delivers timely authoritative and comprehensive information about Addiction and Eating Disorders The editors have built *Issues in Addiction and Eating Disorders 2011 Edition* on the vast

information databases of ScholarlyNews You can expect the information about Addiction and Eating Disorders in this eBook to be deeper than what you can access anywhere else as well as consistently reliable authoritative informed and relevant The content of Issues in Addiction and Eating Disorders 2011 Edition has been produced by the world s leading scientists engineers analysts research institutions and companies All of the content is from peer reviewed sources and all of it is written assembled and edited by the editors at ScholarlyEditions and available exclusively from us You now have a source you can cite with authority confidence and credibility More information is available at <http://www.ScholarlyEditions.com>

Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors Carlton Munson,Sandra L.

Knauer,2014-01-02 Explore the connection between sexual victimization addiction and compulsive behaviors This book demonstrates clearly what lengths survivors of sexual abuse will go to in attempting to avoid dealing with the pain resulting from their sexual abuse Anyone who has been sexually abused is likely to have one of the addictions or compulsive behaviors described herein The information in Recovering from Sexual Abuse Addictions and Compulsive Behaviors regarding codependency is especially useful to survivors of sexual abuse who now find themselves in abusive relationships Survivors of abuse who have gone without treatment sometimes become either sexual perpetrators or sexual addicts and may experience many different types of psychological dysfunction Recovering from Sexual Abuse Addictions and Compulsive Behaviors examines issues that survivors often have regarding trust and friendship sexuality and sexual addiction marriage and family religious addiction as opposed to spirituality alcohol and substance abuse workaholism weight issues and eating disorders violence as the result of shame fear and depression caused by abuse Recovering from Sexual Abuse Addictions and Compulsive Behaviors is more than a litany of the problems that survivors face This valuable work will show you HOW the survivor came to employ addictive or compulsive behaviors WHY the survivor continues to employ these self abusive behaviors despite the pain caused by the addiction WHAT the survivor needs to do to aid recovery WHERE the survivor can turn to obtain the help that is needed to recover from addictive or compulsive behaviors With its complete bibliography and up to date information on sexual abuse addictions and compulsive behaviors Recovering from Sexual Abuse Addictions and Compulsive Behaviors will show you the full course of sexual abuse and its aftermath bringing you from the beginnings of sexual abuse through the steps that lead to addiction and compulsion and ultimately recovery **Philosophy of Heaven**

Mazhar Merhebi,2018-06-29 Philosophy of Heaven is a creative writing of subconscious fact in higher states of consciousness through which Merhebi presents his redefinition of the philosophy of feeling and understanding of the universe This is an ideal gift to the one who has everything and a treasure to the one who has nothing In over one hundred chapters he shares a very important world and entertains our minds and souls Merhebi emerges as a thinker feeler doodler humorist lover and soul handler and above all he provokes your mind He expresses his feelings and ideas in a variety of ways poetically theoretically and mathematically but always challenges the readers feelings and beliefs on politics religion philosophy

personal self sufficiency trade love discrimination parenthood domination relationships time and space and the structure of the universe His self professed aim for this book is to generate a theory of the geometric forms of the invisible commonsense logic as nothing to be truth He proposes that as humans of the day we believe in what is beyond our knowledge capacity and we function by need He sees the challenge as one of bringing what we feel in line with what we know harmoniously accommodating our conscious knowledge with the needs of our subconscious feelings

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