



Loving an Addict, Loving Yourself

Candace Plattor

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Are you feeling exasperated and helpless about your family member's addiction?

Are you at your wit's end, having tried everything you can think of to make them stop?

If someone you love is engaging in addictive behaviors such as alcohol and drug misuse, eating disorders, smoking, gambling, Internet addiction, sex addiction, compulsive over-spending, or relationship addiction, you are undoubtedly experiencing unpredictability in your relationship.

Some of the most common emotions you will experience include: guilt and shame; anger and anxiety; confusion and powerlessness.

Whether the addict in your life is your spouse, partner, parent, child, friend, or colleague, the key to changing this reality for yourself lies in shifting your focus from your loved one's addiction to your own self-care. This book presents a dramatically fresh approach to help you get off the roller-coaster chaos of addiction, maintain your own sanity and serenity, and live your best life.

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Morgan Woods:

Have you spare time for a day? What do you do when you have a lot more or little spare time? Sure, you can choose the suitable activity regarding spend your time. Any person spent their spare time to take a move, shopping, or went to typically the Mall. How about open or read a book titled Loving an Addict, Loving Yourself? Maybe it is for being best activity for you. You know beside you can spend your time using your favorite's book, you can cleverer than before. Do you agree with it is opinion or you have additional opinion?

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James Jernigan:

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