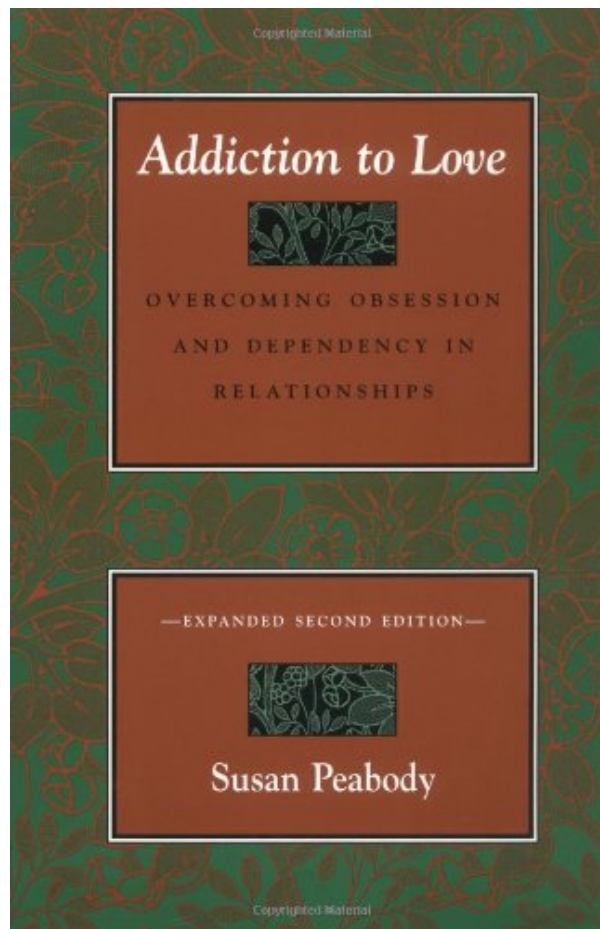
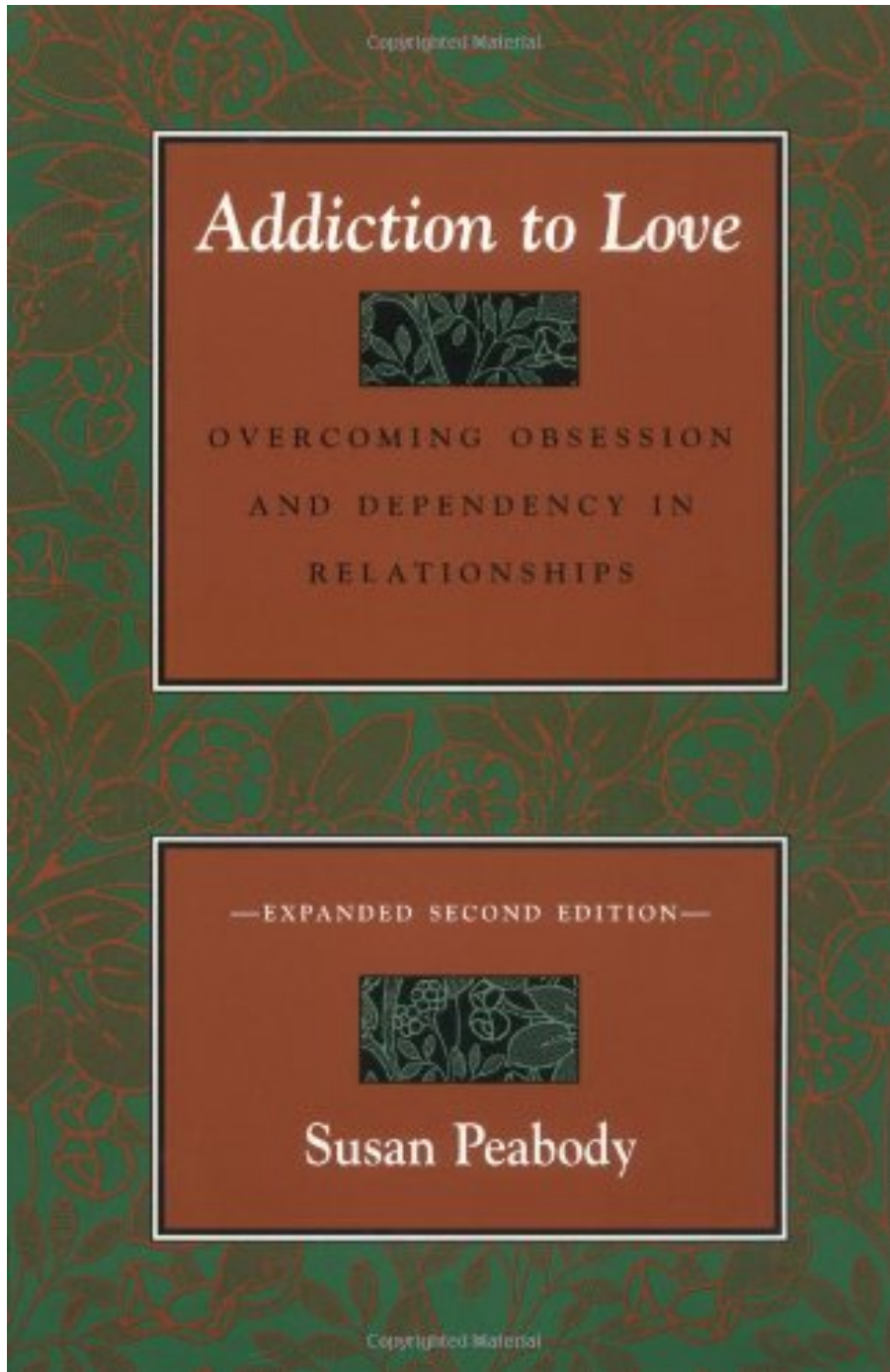


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About the Author

SUSAN PEABODY is an experienced speaker, workshop leader, and author. She has helped thousands of people overcome love addiction. She lives in Berkeley, California.

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About the Author

SUSAN PEABODY is an experienced speaker, workshop leader, and author. She has helped thousands of people overcome love addiction. She lives in Berkeley, California. Most helpful customer reviews36 of 43 people found the following review helpful.

Overall: this book promises a lot but fails to deliver.

By A. Taghavi

This book promises a lot but fails to deliver. The subject matter the author attempts to tackle is very serious and needs to be handled carefully and with great insight. But the book is peppered with anecdotal suggestions on how to deal with the pain love addicts go through on a daily basis.

There is not enough insight given to as why love addicts develop the way they have either through childhood trauma or peer rejection or combination of both. For example, the author talks about how low self-esteem is the underlying cause of love addiction but the core concept is not pursued to a great degree to provide a deeper understanding of how to overcome it and live a healthy life. At times the author seems to touch on very important points that can lead to greater understanding and healing but then the author seems to drop the ball and the reader is left wondering what happened?

This book reads more like a light conversation on the subject of love addiction without gaining any real knowledge or understanding on how to overcome it and begin to live a healthy life. I do recommend this book if you are just beginning and want to know a little more about what love addiction is and how it may effect your life. But, I do not recommended this book if your search is more than just an academic pursuit, and you are looking for not only what love addictions is but also how to overcome it in an effective way.4 of 15 people found the following review helpful.

Uhhmm...

By M. J. James

Turns out I wasn't love addicted. I was just dating a manipulative [...]. I figured out how to not take [...] so seriously (including myself) and now I don't need this book. Not that it was really that helpful. I skimmed it and it didn't offer much in the way of guidance. I just needed to realign myself with reality instead of living so much in my imagination. When I asked myself "well, why does this matter," it all fell into greater perspective. Also, higher self-esteem helps.23 of 25 people found the following review helpful.

Great book on love addiction

By Kathy M. Snyder

This is a great book. I have always wondered if I might be a love addict and Susan's checklist of symptoms helped me see myself more clearly. I especially like the fact that she offers so much information about recovery. Every chapter has a section entitled "Suggestions for Change." And the whole second half of the book is about solving the problem of love addiction. There are chapters about facing your problem, making changes, getting therapy, going to support groups, healing the wounds of childhood trauma, building self-esteem, etc. She also offers advice about how to create a healthy, loving relationship once in recovery. Her bibliography is very helpful, as are all of her worksheets. Most of all, this book is easy to read. It is not weighed down with academic research; it just provides a wealth of information in straight-forward language -- a language that everyone can understand. I recommend this book to everyone who thinks they might have

a problem with love
addiction. See all 11 customer reviews...

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