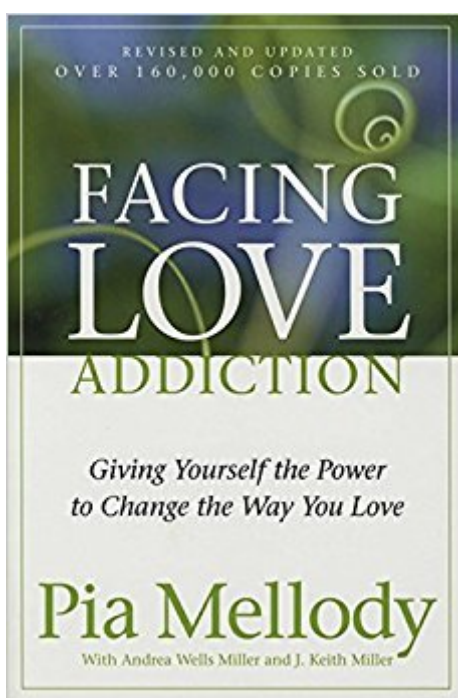


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# Facing Love Addiction: Giving Yourself The Power To Change The Way You Love



## Synopsis

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.

## Book Information

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## Customer Reviews

Mellody has written a lucid and informative book on a subject little understood: love addiction. Speaking both from personal experience and a clinical standpoint, she very carefully defines her terms, including "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 entering into a healthy relationship. The book concludes with a set of journal exercises designed to help someone in recovery. Worthwhile reading that is recommended for libraries serving both the professional and general reader. -Barbara L. Flynn, Chicago P.L. Copyright 1992 Reed Business Information, Inc.

Pia Mellody is an internationally renowned lecturer on the childhood origins of emotional dysfunction. 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*.

Most books about codependency focus on the classic relationship dichotomy of co-dependent and alcoholic/addict/narcissist. This is the only book I have found that deeply explores the relationship that is created when two co-dependents come together. For years I have been involved in a relationship that I knew was co-dependent, but none of the books I found on codependency really captured my situation. When I started reading this book my heart started pounding-- It was as if the author knew me, my partner and my relationship inside and out. I am only through part one of this book, but it has already transformed my understanding of my current romantic issues. To summarize, there are co-dependents who are love-addicted and co-dependents who are love-avoidant: Love addicts are driven by a primary fear of abandonment spawned from childhood neglect/abandonment. They are characterized by low-self esteem and neediness, and are looking for someone to rescue them and fill the hole in their hearts. Love avoidants are driven primarily by guilt and a fear of intimacy. During childhood they took an inappropriate "care-taking" role for a parent, which taught them that loving is to care for another, but also that to love is to be drained and controlled by another person's need. They are often characterized by being very capable and very busy, but also controlling (to avoid being controlled) and fickle. When the two come together they are initially very happy. But, with time, the neediness of the love-addict activates the love-avoidant's fear of intimacy and being controlled. The avoidant then begins to pull away, activating the abandonment fears of the love addict, and driving them to be even more desperate and needy. And thus the downward spiral begins... The love avoidant feels suffocated and wants to pull away, but often cannot leave because of the crippling guilt they feel at the thought of abandoning the already damaged love-addict. Meanwhile, the love addict will supplicate themselves and engage in dangerously manipulative behavior in order to save the relationship and avoid the feeling of abandonment. The result is an incredibly unhealthy relationship in which neither party has their emotional needs met (in part because neither party can acknowledge their own emotional needs). This book spoke to me in a way that no other book on the topic of codependency has. It is not only incredibly enlightening, but also well-written and an engaging read. What's more, I really appreciate the tone of the book. Whereas most books written about codependency tend to be

overly sympathetic and almost coddling to the co-dependent reader (for example, the Melody Beattie series), the author's approach to this kind of codependency is very detached, analytical and clinical. I personally found this a much more approachable and helpful style for my personality type. All in all, I am incredibly glad I bought this book (on a whim!) and I am really looking forward to finishing this book and working on my issues as a love-avoidant.

Great book on this subject. Pia has an outstanding knowledge of this disease and how it ties in with co-dependency. Sometimes therapists can get long winded, BIG on feelings and short on facts or practical advice. NONE of that in this book. Stays on point, sticks to facts and hands out some very practical guidelines. No preaching, just common sense teaching. LOVED her writing style. Her personal background story is phenomenal and real world. TOO many experts do not have real world knowledge OR are afraid if they share their story it will lower their credibility. I applaud Pia for her authenticity.

This book has revolutionized my life! It showed me the addictive relationship I was in to a "T". And, it helped me to finally get out of a destructive relationship that was going nowhere. And, it will help me to avoid the same patterns and same kinds of women I was always attracted to.

It's been a while since I read the book, so this may be a little inaccurate but here's what I remember: The book was great and inspirational, BUT... There are many types of love addicts, according to the LAA (love addicts anonymous) website. The "avoidant addicts" are also love addicts, according to them. I found it unfortunate that the author focused mainly on the "female" love addict (who are not usually the avoiders in her opinion), while not really saying much about the "avoidant" addict. In fact, most books on the topic of love addiction avoid helping the avoidant addict (such as the book "Lovesick" by Macavoy. I happen to be a female who classifies herself as an "avoidant" type. There aren't really any "love addiction" books out there for this type. Interestingly, the LAA website says that few avoidant addicts seek treatment and therefore few experts believe that they are really addicts. Well here I am, and unable to find any good literature on the topic. I also have found a book about addictions that focuses on men. In this book "hungry hearts" the author assumes that men are more likely than women to have addictions, that these men who become addicted to substances or work or whatever usually are "avoidant" of intimacy and have women in their lives that are desperate for love from them. This book, although, talks about addictive men (not as love addicts though) neglects women who are addicts and exhibit the same type of personality. If "hungry hearts"

were not aimed only at men, and "facingn love addiction" not at women, these books would be complete. hope this helps

This book contains the various aspects of love addiction, how, why, who. Basically it's being codependent in an abusive relationship. It also shows how emotionally injured people project their fantasy guy/gal onto others, blinding them to the negatives, and then feel betrayed when this person "changes" later. I loan this out to my clients who I see repeating this pattern. While such clients will inevitably be very invested in not recognizing the painful truth, it can still help increase their thinking about the subject and hopefully open their mind to the topic once the abusive relationship ends and they swear to never repeat their mistake.

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