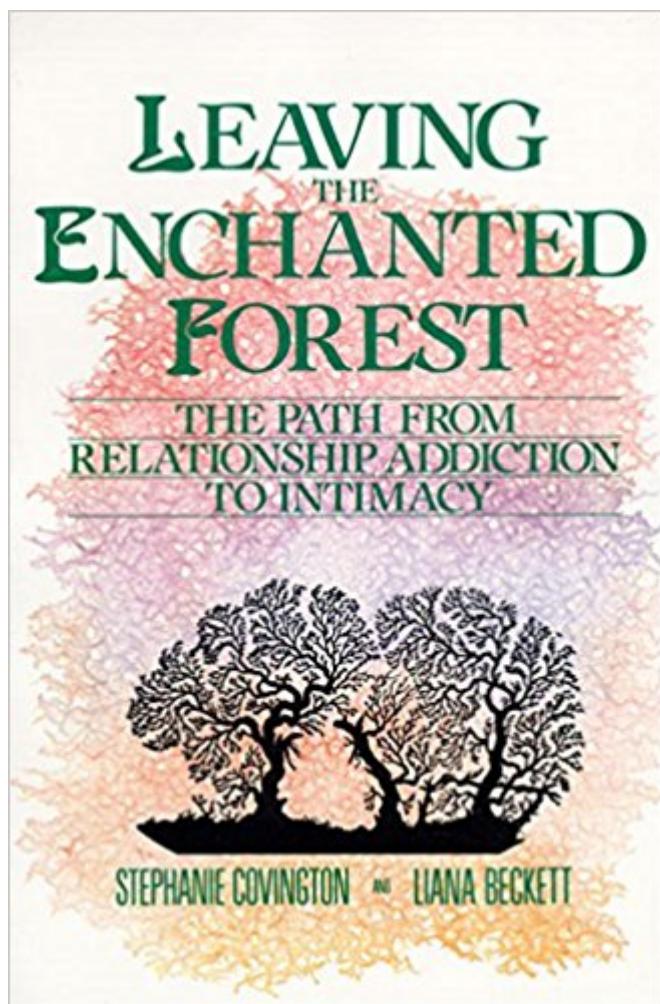


The book was found

Leaving The Enchanted Forest: The Path From Relationship Addiction To Intimacy



Synopsis

Advice and step-by-step guidelines for those seeking to recover from addictive relationships.

Book Information

Paperback: 208 pages

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Average Customer Review: 4.5 out of 5 stars 15 customer reviews

Best Sellers Rank: #238,645 in Books (See Top 100 in Books) #208 in Books > Health, Fitness & Dieting > Mental Health > Codependency #306 in Books > Self-Help > Abuse #696 in Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse

Customer Reviews

"A roadway through the woodland of relationship addiction. It guides the reader's steps from fantasy to freedom with knowledge and skill." -- Patty McConnell, author of "A Workbook for Healing"

"Through the richness of detailed examples, readers of Leaving the Enchanted Forest will feel supported and understood, and thereby freer to better understand themselves." -- Stephanie D. Brown, Ph.D., author of "Treating Adult Children of Alcoholics: A Developmental Model of Recovery"

"Offers an exciting invitation to self-exploration -- and opens a path -- to the potential for intimacy, and ultimately, to the self." -- Claudia Black, Ph.D., author of "It Will Never Happen to Me!"

"Women who read this book will find their deepest concerns recognized and their struggle for independence and intimacy given new meaning." -- Bonnie Strickland, Ph.D., past president, American Psychological Association

"We need more books like this that point to the solutions not just the problems." -- Melody Beattie, author of "Codependent No More"

Stephanie Covington, Ph.D., is a psychotherapist, an internationally known speaker specializing in dependency, and the author of many articles on women and addiction. She lives in La Jolla, California. Liana Beckett, who has an M.S. in marriage, family, and child counseling, works with individuals, couples, and groups with dysfunctional or addictive family backgrounds. She lives in San Diego, California.

Was a good read for me, coming from a alcoholic dysfunctional home. Had helpful insights.

I read this book years ago and found it offered valuable insights. I purchased this for a friend going through a rough divorce.

One of my clients told me about the book and lent me her's. After reading the first chapter I wanted my own book so I could highlight things I read

Best book for love and relationships addicts.

My therapist recommended this book and I have not been disappointed. I am working my way through it doing the exercises and I have found it very helpful so far.

An excellent book to start an introspective journey and arrive at a wiser, grateful and more joyous destination with our own selves and others.

I am a therapist and my therapist mentioned this book for a case I was discussing with him. It has been invaluable for several of my clients! It uses a number of theories and techniques. It can be used as a workbook for your clients.

This book has a way of assisting you in going back and remembering the path we have come from that brought us to where we are now. I experienced many tears. It has interactive sections that require active participation, soul searching, and remembering. If you are really ready to face your demons and move forward, I would whole-hearted recommend this book, particularly to women who struggle to maintain a healthy long-term romantic relationship.

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breaking bad habits) Addiction and Recovery: How to Overcome Alcohol, Gambling, Drug, Sex, Food, and Technology Addictions (Addiction, Substance Abuse, Addiction and Recovery, Alcohol Addiction) Gambling Addiction Cure: Gambling Addiction Cure and Recovery of Your Life (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) Porn Addiction: How to Quit Porn, Porn Addiction, Step-by-Step Easy Guide to Control Your Porn Addiction, Stop Watching Porn in 7 Days! (Porn Addiction, Improve Your Relations, Live Happier Life) The Nicotine Addiction Cure - How to Avoid Triggers, Manage Withdrawal Symptoms, and Quit Nicotine & Smoking for Life (tobacco addiction, nicotine addiction, ... recovery, smoking addiction, stop smoking,) Marriage: How To Save Your Marriage And Rebuild Connection, Intimacy and Trust By Understanding It Better (Marriage Help, Marriage Counseling, Intimacy Advice, Relationship Communication Book 1) Magical Forest: An Adult Coloring Book with Enchanted Forest Animals, Fantasy Landscape Scenes, Country Flower Designs, and Mythical Nature Patterns Gambling: Overcoming Gambling Addiction- The Ultimate Blueprint To Escape Compulsive Gambling Addiction Forever! (Gambling Addiction, Gambling, Compulsive Gambling, Roulette, Gambling Systems) Opiate Addiction - How to detox from Opiates (How to Get Off Opiates): SHORT READS - Signs of opiate addiction, Symptoms of opiate use, Signs of opiate ... prescription drugs abuse, heroin addiction) My Husband's a Porn Addict: A wife's tormenting journey through her husband's addiction ((Pornography addiction, porn addiction, spouse of porn addict)) Gambling Addiction: The Ultimate Guide To Gambling Addiction Recovery: How To Finally Overcome Gambling Addiction And Problem Gambling Forever (Overcome ... Sports Gambling, Fantasy Sports, Poker) Leaving Paradise 10th Anniversary Edition (A Leaving Paradise Novel) Leaving the Fold: A Guide for Former Fundamentalists and Others Leaving Their Religion Marriage: Save Your Marriage- The Secret to Intimacy and Communication Skills (marriage, relationships, save your marriage, divorce, love, communication, intimacy) False Intimacy: Understanding the Struggle of Sexual Addiction (LifeChange) Intimacy Anorexia: Healing the Hidden Addiction in Your Marriage A Couple's Guide to Sexual Addiction: A Step-by-Step Plan to Rebuild Trust and Restore Intimacy

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