



# Facing Love Addiction: Giving Yourself the Power to Change the Way You Love

By Pia Mellody, Andrea Wells Miller, J. Keith Miller

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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.

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### **Editorial Review**

From Library Journal

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.*

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### **About the Author**

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*.

### **Users Review**

#### **From reader reviews:**

#### **Rosemarie Cleveland:**

Do you have favorite book? In case you have, what is your favorite's book? Reserve is very important thing for us to learn everything in the world. Each book has different aim or maybe goal; it means that publication has different type. Some people really feel enjoy to spend their time to read a book. They are reading whatever they acquire because their hobby is reading a book. Think about the person who don't like studying a book? Sometime, person feel need book if they found difficult problem or maybe exercise. Well, probably you will want this Facing Love Addiction: Giving Yourself the Power to Change the Way You Love.

#### **Sandra Phillips:**

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**Carlos McNerney:**

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