



The Addict's Loop: A New Understanding And Workbook For Codependent Relationships And Addiction

Rene Eram

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What is codependence, really? What creates addiction? Why am I attracted to the same codependent relationships over and over again? Why can't I stay sober? Why do I keep hurting or getting hurt by the people I love? How do my relationships affect my addiction? These questions and many more are answered in The Addict's Loop. The Addict's Loop uncovers and describes a new model for understanding codependent relationships and how they can create and fuel addiction. It is also a workbook with 9 steps toward recovery. There are examples, tools, writing exercises and solutions that heal codependent relationships and counter condition addiction patterns.

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Carissa Ware:

The book The Addict's Loop: A New Understanding And Workbook For Codependent Relationships And Addiction has a lot details on it. So when you make sure to read this book you can get a lot of advantage. The book was published by the very famous author. The author makes some research before write this book. That book very easy to read you can get the point easily after reading this article book.

Angela Yoder:

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