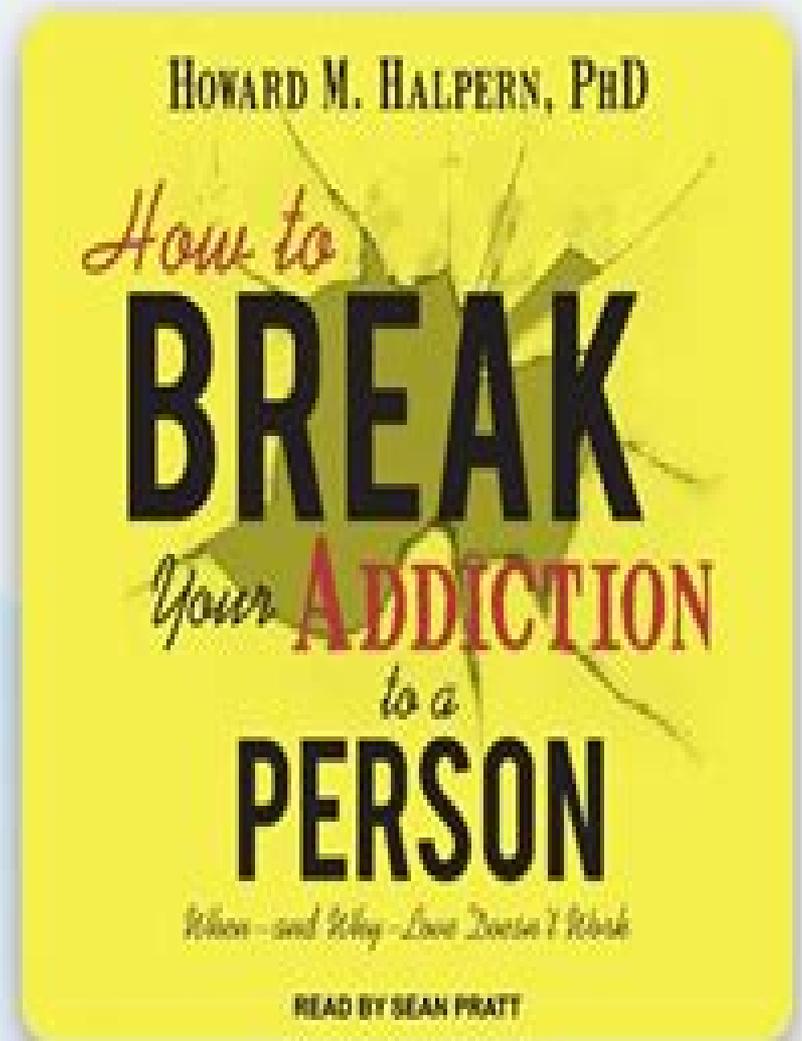


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Howard M. Halpern, PhD



Break Your Addiction To A Person

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How to Break Your Addiction to a Person Howard Halpern,2003-12-30 Are you in love or addicted How to know when to call it quits and how to find the courage to call it quits Are you unable to leave a love relationship even though it gives you more pain than joy Your judgment and self respect tell you to end it but still to your dismay you hang on You are addicted to a person Now there is an insightful step by step guide to breaking that addiction and surviving the split Drawing on dozens of provocative case histories psychotherapist Howard Halpern explains to you Why you can get addicted to a person Why and how you may try to deceive yourself He really loves me he just doesn't know how to show it How you can recognize the symptoms of a bad relationship How to deal with the power moves and guilt trips your partner uses to hold you Why strong feelings of jealousy do not mean you are in love How to get through the agonizing breakup period without going back How not to get caught in such a painful relationship again When Friendship Hurts Jan Yager,2010-05-11 Taking its place alongside relationship classics *The 7 Habits of Highly Effective People* and *How to Win Friends and Influence People* Dr Jan Yager's *When Friendship Hurts* in print since being published twenty two years ago is now available in a second edition containing new original research Friendship expert coach and sociologist Dr Jan Yager's prescriptive book on toxic friendships what to do about them and how to find or improve the positive friendships we all deserve also has an updated Preface bibliography and resources section The Preface shares Dr Yager's more recent research that asks the question Have you ever had a friendship that made you physically or emotionally sick She was surprised to find that such strong reactions were more common than she originally thought Forty three percent of the ninety men and women she surveyed answered Yes to that question In the new Preface she shares their most common reactions Another new feature of Dr Yager's classic book includes cartoons at the beginning of each chapter by artist Cathy Wilcox and originally done for the Australia New Zealand edition *When Friendship Hurts* has helped countless men and women to better understand why they get involved in a toxic friendship and then explore possible ways to mend it let it fade or end it *How to Break Your Addiction to a Person* Howard Marvin Halpern,1983-08-01 *Private Obsessions* Lee Ezell,1991 They don't kill us but they may shorten our lives They don't tear our families apart but they strain our relationships They don't compel us to rob or kill but they definitely rob us of self esteem and kill our self control They are our private obsessions those persistent habits and secret compulsions that make us feel better but also hold us back from living life as it was meant to be Another name for them is hidden addictions Ans while they may seem minor compared to drug and alcohol addictions they can be every bit as self defeating and just as hard to shake In this book the bestselling author of *The Cinderella Syndrome* and *The Missing Piece* tackles the problem of private obsessions with humor empathy spiritual sensitivity and a load of common sense She shows how we can take our problems seriously without taking ourselves too seriously And she offers down to earth spiritually centered advice to show why private obsessions are damaging and how they can be overcome Jacket flap *Burning Bridges* Inette Miller,1989-03

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