



# Love Addiction: Help Yourself Out (Healthy Relationship Series)

*Brenda M Schaeffer*

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**Love Addiction: Help Yourself Out (Healthy Relationship Series)** Brenda M Schaeffer

Addictive love for another person limits our ability to experience real love. The author suggests ways we can meet our own needs, enabling us to love another from a healthy perspective. The self-help exercises help us identify the roots of our love addiction and lead us toward self-love and self-discovery.

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