



# How to Break Your Addiction to a Person: When--and Why--Love Doesn't Work

By Howard Halpern

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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.

*From the Paperback edition.*

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**Editorial Review**

**From the Publisher**

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#### About the Author

Howard M. Halpern received his Ph.D. in clinical psychology from Columbia University in 1954. He taught at Columbia and other colleges and has been a consultant, clinical psychologist, and psychotherapist at several New York colleges and clinics. He was the codirector of the New York Student Consultation Center and is a past president of the American Academy of Psychotherapists.

Dr. Halpern has practiced psychotherapy in New York City for forty-eight years. His previous books include *Cutting Loose: An Adult Guide to Coming to Terms with Your Parents* and *Finally Getting It Right*. He also wrote a nationally syndicated newspaper column called "On Your Own". His appearances on national media include *Donahue*, *The Today Show*, *20/20*, and CNN.

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Reading a book tends to be new life style in this particular era globalization. With examining you can get a lot of information that could give you benefit in your life. Together with book everyone in this world can certainly share their idea. Publications can also inspire a lot of people. Many author can inspire their reader with their story or perhaps their experience. Not only the story that share in the textbooks. But also they write about the knowledge about something that you need example of this. How to get the good score toefl, or how to teach children, there are many kinds of book that exist now. The authors nowadays always try to improve their proficiency in writing, they also doing some exploration before they write to the book. One of them is

this How to Break Your Addiction to a Person: When--and Why--Love Doesn't Work.

**Andria Miguel:**

The book untitled How to Break Your Addiction to a Person: When--and Why--Love Doesn't Work contain a lot of information on the item. The writer explains the woman idea with easy means. The language is very straightforward all the people, so do not worry, you can easy to read it. The book was written by famous author. The author provides you in the new period of time of literary works. You can read this book because you can read on your smart phone, or model, so you can read the book with anywhere and anytime. If you want to buy the e-book, you can open up their official web-site and also order it. Have a nice learn.

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In this period of time globalization it is important to someone to obtain information. The information will make a professional understand the condition of the world. The health of the world makes the information simpler to share. You can find a lot of referrals to get information example: internet, classifieds, book, and soon. You will observe that now, a lot of publisher this print many kinds of book. The particular book that recommended to you is How to Break Your Addiction to a Person: When--and Why--Love Doesn't Work this book consist a lot of the information on the condition of this world now. This specific book was represented so why is the world has grown up. The words styles that writer value to explain it is easy to understand. The writer made some analysis when he makes this book. That is why this book ideal all of you.

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