



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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How to Break Your Addiction to a Person: When--and Why--Love Doesn't Work By Howard Halpern Bibliography

- Sales Rank: #23529 in Books
- Brand: Bantam
- Published on: 2003-12-30
- Released on: 2003-12-30
- Original language: English
- Number of items: 1
- Dimensions: 8.30" h x .60" w x 5.20" l, .46 pounds
- Binding: Paperback
- 272 pages



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Editorial Review

From the Publisher

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From the Inside Flap

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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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Andria Miguel:

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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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