

# Loving an Addict,



# Loving Yourself

The Top **10** Survival Tips  
for Loving Someone with an Addiction

Candace Platter, M.A.

# Loving An Addict Loving Yourself

**Susan McQuillan M.S., R.D.**



## **Loving An Addict Loving Yourself:**

Loving an Addict, Loving Yourself Candace Plattor, 2016-10-28 Are you feeling exasperated and helpless about your family member's addiction Are you at your wit's end having tried everything you can think of to make them stop If someone you love is engaging in addictive behaviors such as alcohol and drug misuse eating disorders smoking gambling Internet addiction sex addiction compulsive overspending or relationship addiction you are undoubtedly experiencing unpredictability in your relationship Some of the most common emotions you will experience include Guilt and shame Anger and anxiety Confusion and powerlessness Whether the addict in your life is your spouse partner parent child friend or colleague the key to changing this reality for yourself lies in shifting your focus from your loved one's addiction to your own self care This book presents a dramatically fresh approach to help you get off the roller coaster chaos of addiction maintain your own sanity and serenity and live your best life

*Loving an Addict, Loving Yourself* Candace Plattor, 2011-12 This workbook helps readers understand what will and won't work in their relationships with their addicted loved ones and in their relationships with themselves As people become familiar with the top 10 survival tips for loving someone with an addiction they will learn how to offer healthier and more effective choices to the addicted loved one

**Loving an Addict, Loving Yourself** Candace Plattor, 2014 Are you feeling exasperated and helpless about your family member's addiction Are you at your wit's end having tried everything you can think of to make them stop Whether the addict in your life is your spouse partner parent child friend or colleague the key to changing this reality for yourself lies in shifting your focus from your loved one's addiction to your own self care This book presents a dramatically fresh approach to help you get off the roller coaster chaos of addiction maintain your own sanity and serenity and live your best life

*Saving You Is Killing Me: Loving Someone With An Addiction* Andrea Seydel, 2021 Don't let someone else's problem destroy the person you were meant to be You have the right to live a peaceful and fulfilled life full of love In the book *Saving You Is Killing Me: Loving Someone with an Addiction* Andrea Seydel uses the scientific study of human flourishing and happiness to help you restore joy and teaches the reader how to struggle well through the challenges of addiction You will learn the power of advocating for yourself and how your journey starts by taking back your power and shifting the focus onto you not your addicted loved one Seydel brings a wealth of support lived experience and her knowledge of positive psychology to help you prioritize your well being and safeguard your mental health

Louisa Jewell MAPP Do you love someone with an addiction Are you struggling There is no mistaking it addiction is a worldwide epidemic People who struggle with addiction are not the only ones who feel the impact If you know someone caught in the grips of addiction you are undoubtedly living your own nightmare You are probably desperate to find answers scrambling to figure out what to do next and losing yourself in the process Feeling hurt broken and exhausted Watching someone in active addiction is like mourning the loss of someone still alive It is incredibly sad confusing and draining The effects of addiction are rarely limited to the person with the addiction Everyone around is affected in some way

and often it is family members or partners forced to pick up the broken pieces make excuses and potentially endure all types of abuse The second hand impact and havoc of addiction are often overlooked and underestimated Are you done with coming second to addiction Are you trapped in the line of fire and tired of being on an emotional rollercoaster Or have you lost sight of your own life in the drama of tending to someone else On the surface Saving You Is Killing Me Loving Someone with an Addiction is about navigating the path to freedom and a lifetime of healing resilience and happiness But if you dig deeper it is about creating a life you love seeing your value knowing your worth and being inspired to live a life that is better integrated with the person you are meant to be As a leading voice advancing the science of applied Positive Psychology and the art of well being Andrea Seydel is devoted to sharing the science of resilience and ways to enhance your life even through struggle Trauma and challenges are a fact of life navigating the turmoil of loving someone with an addiction can be extremely damaging Seydel teaches the reader how to struggle well and build resilience Saving You Is Killing Me Loving Someone with an Addiction offers new hope for reclaiming your life Seydel provides insights and learning opportunities for self healing recovery and resilience that foster empowerment When you know it s time and are ready to prioritize your well being and safeguard mental health despite someone else s addiction Andrea Seydel s book podcast and community will support you on the journey back to you Saving You Is Killing Me Loving Someone with an Addiction is a helpful community to provide light to a dark path so you don t feel alone through this challenge You don t have to do this alone Let s get started on the journey back to you An astonishing amount of information on almost every aspect of resilience When faced with the experience of trauma manipulation codependency and toxic relationships using research interventions and the science of well being the reader can better advocate for their needs and reclaim their lives It s incredible the wealth of knowledge the author has brought together in this book which has a distinctly holistic and compassionate feel Rob Hannely Recovery Today magazine

**YOLO: Essential Life Hacks for Happiness** Vindy Teja, 2019-11-05 Are you feeling frustrated or unsatisfied in your relationships with others Are you unmotivated confused or overwhelmed Are you striving to find more joy and meaning in your life YOLO Essential Life Hacks for Happiness presents simple yet powerful approaches to unlock the doors to a happy life no matter what age or stage you are As Lao Tsu said Watch your thoughts they become words Watch your words they become actions Watch your actions they become habits Watch your habits they become character Watch your character it becomes your destiny In these pages you ll have a user friendly workbook to free you up in all the areas that matter Love Courage Wisdom School Work Play Each section has real life examples that will help you see what success looks like in each part of your life Filled with positive life lessons and reinforcement this guide will improve your well being and lower your stress in minutes a day with the simple life hacks it provides and the reminders to go from thoughts to words and actions TWA With questions and self guided simple questions you will be able to find happiness and strength for your own tough times You seek out life hacks for everything under the sun from troubleshooting your smart phone to how to remove a grease

stain from your favorite T shirt it s time for you to try the life hacks for happiness This book by Vindy Teja is about mindful living and it will make you laugh cry and think It is written by a woman of passion grace and fire Dig deep and find your thick veins of silver and nuggets of gold here Jonathan Michael Senior Birkman Consultant and Coach The book is smart in that each chapter s skills learned leads to the next chapter so that you are building your skillset of life hacks Janet Goodreads

**Anxiety** Gail A. Barrett,2019-01-14 Anxiety is epidemic and it touches people from all walks of life knowing no age gender ethnic or economic boundaries It can be paralyzing while considerably narrowing the scope of your life This book provides practical holistic easily understood strategies for all ages presented through storytelling and the sharing of real experiences You will discover the benefits of cognitive behavioral work yes your thinking and behavior do matter and learn how to let go of control stop what ifting set boundaries calm your body and stop stewing all to help you alleviate your anxiety You will discover the importance of effective strategies such as visualization mindfulness and meditation self care and the practice of gratitude The author believes that anxiety is impacted by our life experience and the manipulation of our DNA at the cellular level but more importantly that it is largely a learned behavior The good news is this what you have learned you can unlearn and then you can learn something new As you move through this book you will be gently coached to befriend and then let go of your anxiety creating lasting change

**Yoga Recovery** Carrie Schell,2019-01-31 Thank you Thank you for having the strength and courage to open this book The last 38 years of my life have been shaped by alcoholism and addiction The fact that you are here on this journey signals hope and love It is my intention that Mind Body Spirit be a light in your day a light that will shine on your true Self that source of love and goodness Be kind to yourself Never lose sight of the truth that you are here at this moment reading this with every intention of living a life of clarity and purpose You may stumble and lose your way but please do not give up You are worthy of all of the love and goodness divinely present I am sending you love and blessings through Mind Body Spirit to help carry you Thank you for being you Thank you for being present and having the courage to continue your journey You have my deepest admiration and respect Namaste I promise you that when you let the light in miracles will happen You will experience forgiveness and love You will see the true you once again and fall in love with you You are perfection Past all that you perceive are your failings and shortcomings is you that radiates love to others when you allow the true Self to shine

**Healing Your Soul** Dr. Samuel White, III,2016-02-26 Healing Your Soul starts with a systematic approach to understanding the soul and its ailments Dr White does an extraordinary job of defining spiritual sickness the symptoms treatment and finally the doctors orders which is the Word of God as the ultimate prescription or medication for healing our souls This book lays the foundation for discovering that spiritual healing for spirit soul and body is available and is a gift from God Gwen Graddy Dansby MD FACP Dr Whites genuineness is what makes Healing Your Soul so refreshing His honesty concerning his own need for spiritual healing creates a sacred space for the reader to be open honest and self reflective It is an invitation to trust God and experience his power in new and fresh ways Dr Michael Williams

Executive Minister of the American Baptist Churches of Michigan Healing Your Soul encourages us to develop and covet our own personal relationship with God in order to cope with latent sometimes blatant and uncomfortable sins Grenae Dudley White PhD LP Healing Your Soul cuts to the core of sin temptation and the lack of self care which often plagues the fabric of most inner ontological thinking Dr White shares his struggles and successes on how his meditation became his medication for the soul This is an absolute must read book Rev Dr Edwin H Holmes President of the Michigan Progressive Baptist Convention

**The Yoga of Relationships** Yogi Amrit Desai,2015-08-24 World renowned yoga master Amrit Desai melds ancient wisdom with modern practicality as he offers piercing insight into the nature of relationships as a road map to fulfillment The appendix includes outline of the basic life observances of yoga guidelines for day to day living and meditations on healing relationships Yogi Amrit Desai is recognized as one of the pioneers of the authentic teachings of yoga in the West Today he oversees the Amrit Yoga Institute in Salt Springs Florida with its many affiliate branches and teachers in North America and Europe He travels extensively giving talks and workshops

Finding Myself in a Nightmare Judi Turkheimer,2021-07-13 A raw vulnerable account of the trauma inherent in caring for an addict Finding Myself in a Nightmare A mother s healing journey through her daughter s addiction is the story of one mother s experience as she woke to the truth learned to navigate the pain and realized she had to heal herself from years of self loathing in order to positively affect her daughter s recovery Over a period of five years Judi Turkheimer rode a roller coaster of strong emotion as she breathed in the very real possibility of losing her daughter There were many days fraught with fear hopelessness and anguish As Judi began to do the hard work of healing feelings of joy and hope started to come out from the shadows Through lies and loss denial and disgust rehab and relapse and finally awareness and acceptance Judi learned that unconditionally loving her daughter necessitated not only tough love but also self love Without loving herself she knew she was of no use to anyone else Intended to validate support and encourage Finding Myself in a Nightmare is a story of triumphs mistakes pain discovery and trust As Judi takes us into her home and heart we learn about her biases her resistance and her ignorance Willing to do what was needed to help her child Judi invites us to accompany her on the journey Eventually concluding she would be alright whatever the outcome for her daughter Judi offers the tips and tools that kept her from going insane Reminding herself to be grateful set boundaries take small steps and be present in the moment became a full time job Finding Myself in a Nightmare is a book about loving an addict helping an addict and the search for strength and unconditional love at a soul level If you love an addict this book is for you If you struggle to find love of self this book is for you If you want to learn to love unconditionally this book is for you

Exit the Maze Donna Marks,2022-12-13 In this easy to read revised and expanded edition of Exit the Maze Dr Donna Marks makes the revolutionary claim that there is only one addiction with many faces and the key to overcoming addiction is self love Millions of lives are lost to addiction every year causing more direct and indirect deaths than any other illness In a world where many things are uncertain we do know this There are many kinds of addiction

and in spite of treatment and everything else we're doing addiction is only increasing Dr Donna Marks a renowned psychotherapist addictions counselor and teacher of A Course in Miracles for more than thirty years merges her professional experience and her own personal history of substance dependency to offer a single revolutionary solution to all addictions in this expanded and revised edition of Exit the Maze No matter what someone is addicted to alcohol prescription or illegal drugs smoking working gambling and so forth loving yourself is the key to recovery This doesn't mean the road is easy or a few acts of self care will do the trick the journey to true self love includes delving deep into your past trauma to understand where your addiction began addressing those fear based traumas with compassion and forgiveness exchanging bad habits with beneficial ones and staying committed to the recovery process Allow love to guide you through the maze of addiction and back to living your best life

**Now That You're Sober** Earnie Larsen, Carol Larsen Hegarty, 2010-05-26 Written a decade before coronavirus pushed in person meetings online and kept us home this portable and practical workbook for the newly sober is a perfect coach for the present moment In this portable recovery aftercare program Earnie Larsen coaches readers through one full year of sobriety with personal practical actionable steps to help them refocus on the core concepts that are essential to sober living Make no mistake about the intention of the guidance offered in this book This is not just another nice recovery book one that you read and then put aside hopefully taking away a few good thoughts My intention is that the material offered here should be chewed pulled apart scrutinized and internalized This book is designed to be worked It is intended to provide support insights and exercises that will do something about the high relapse rate of people starting recovery Earnie Larsen From the introduction In this invaluable guide renowned author and lecturer Earnie Larsen brings you a portable recovery aftercare program that you can easily integrate into your personal life and take with you anywhere you go Now That You're Sober is an all purpose year long compendium of recovery wisdom and inspiration to help those who are newly sober focus on practical applications of Twelve Step principles Like a traditional aftercare program it is designed to keep the basics of recovery front and center in your consciousness as it is the loss of this awareness that causes relapse In his characteristic down to earth tell it like it is style Larsen serves as your recovery coach providing guidance and inspiration when you feel vulnerable in your sobriety and helping you to move past common stumbling blocks and flourish in your daily life Each of his fifty two entries includes a motivational essay or pep talk centered on a key element of recovery followed by personal practical actionable steps to help you refocus on the concepts and behaviors that are essential in a recovering person's life Earnie Larsen is a nationally known pioneer in the field of recovery from addictive and unwanted behaviors He has authored and produced more than fifty five motivational self help books and resources on a variety of topics ranging from managing interpersonal relationships to spirituality

Insatiable Shary Hauer, 2025-07-30 In her professional life Shary Hauer was a confident successful high caliber executive coach who advised big time corporate leaders around the globe but her personal life was an entirely different matter When it came to love she was insecure clingy desperate willing to do

anything and everything to win and keep a man Because without a man by her side what good was she In *Insatiable* Hauer fearlessly chronicles her emotional journey from despair to hope rejection to redemption and self hate to self love one man at a time In candid detail she relates what it is like to be trapped in the torturous cycle of love addiction what it s like to be forever searching needing obsessing scheming and agonizing for love suffering from a hunger that never ceases and what it takes to break free of that cycle An intimate soul baring tale that sheds much needed light on one of the least understood and talked about addictions *Insatiable* is the story of one woman s journey through the hellish the humiliating and the humbling in her single minded pursuit of the most addictive drug of all love **Toughest People to Love** Chuck DeGroat,2014-05-29

People frustrating confusing disappointing complicated are the most difficult part of leadership and they challenge leaders everywhere from leaders of many to managers of a few In this book Chuck DeGroat addresses the flawed nature of people and offers wisdom for leaders of all types in dealing with just about anyone who is difficult to lead and to love *Toughest People to Love* explores the basics of how people tick encouraging leaders to examine and take care of themselves so that they can better understand and care for others Based on DeGroat s wealth of experience as a pastor professor and therapist this book both wise and practical is one that countless leaders will go back to time and again for valuable insights and renewed vision **The Joy of Recovery** Michael McGee, MD,2018-03-29

Are you ready to join the ranks of the addiction free This is the guide you ve been waiting for With his new 12 step program Harvard trained Dr Michael McGee has helped hundreds of patients in their full recovery Start reading now and completely transform your life from suffering to joy fully heal the wounds that drove you to addiction drastically improve your relationships live longer and be healthier feel and look better improve your financial situation discover a deep sense of peace and happiness never before available to you Dr McGee s one of a kind guide based on 30 years of experience in enabling addiction recovery has been awarded the Readers Favorite five star seal of excellence and has been featured on ABC NBC and Fox Grab your copy now to take the first step on your journey to an addiction free life **REVIEWS FOR THE JOY OF RECOVERY** There are many books on recovery but every now and again a book is published that best captures what it takes to recover from addiction Dr McGee has done just that I have been in the field for over four decades and I must say I learned a lot from reading his book and you will too Allen Berger PhD Clinical Director The Institute of Optimal Recovery and Emotional Sobriety The Joy of Recovery gives a new perspective in treating an old disease This book can turn today s failures into tomorrow s miracles John Harsany Jr MD DFSAM Medical Director Riverside County Substance Abuse Program The healing power of Love runs through this book like a golden thread William R Miller PhD Emeritus Distinguished Professor of Psychology and Psychiatry The University of New Mexico The Joy of Recovery is a wonderful addition to the available lexicon of materials that are designed to help people follow a recovery path that not only leads to abstinence but leads to a life filled with joy and meaning Dr McGee provides a very practical approach that translates his extensive experience into tools and tips for the reader at every step along the path I would not

hesitate to recommend this book to those individuals suffering with addiction who are seeking an informed and helpful companion on their journey of hope Kenneth Minkoff MD I had relapsed before I was introduced to Dr McGee and the Touchstones of Recovery I needed more than the fellowship that 12 step programs provide The Joy of Recovery is the next evolutionary step in addiction recovery This book expands on tried and true methods using 21st century thinking and practices to make living in recovery a joyful experience DN a patient of Dr McGee s The Joy of Recovery is a must read for anyone dealing with the hardships of addiction whether it s for yourself or someone you love The Touchstones of Recovery along with Dr McGee s mental and spiritual fortitude have given me the strength and encouragement to overcome many obstacles in my life The Touchstones can be a guide to help change your life forever They have showed me how to get the most out of my recovery and have changed me into the person I have always wanted to be ST a patient of Dr McGee s

**Letters to Louise** Louise L. Hay, 2011-03 This book is a collection of letters I ve received and answered over the years from people all over the world The letters express deep concerns about 20 different topics including addictions dis ease family relationships the inner child and parenting just to name a few Almost all of the people who have written to me have wanted to change **Loving Yourself More** Virginia A. Froehle, 1993 Love your neighbor as yourself Many women today are realizing that they have kept the first part of this commandment too well and the second part too poorly Virginia Froehle invites women to dwell on the most basic of all Christian truths God s love for us and God s call for us to love ourselves She adapts the scriptures so that they speak personally to women and explores a variety of images of God **Psychology**

**Today: Breaking the Bonds of Food Addiction** Susan McQuillan M.S., R.D., 2004-12-07 Finally freedom from food addiction From Alpha Books and Psychology Today magazine comes expert advice that explains the whys and hows of food obsession and compulsive overeating Readers will gain the background and tools needed to fashion a plan for happier healthier living and help themselves out of compulsive overeating starting right now It also shows readers how to work out individual food issues move beyond addiction and maintain a healthy lifelong relationship with food More than 135 million Americans are estimated to be either overweight or obese American Journal of Clinical Nutrition reported that Americans spend nearly 45 billion annually on weight loss products and services and the American Dietary Association indicates that 65% of all women are currently dieting or plan to start a diet in 2004 **And It Don't Stop** Raquel Cepeda, 2004-09-29 In

September 1979 there was a cosmic shift that went unnoticed by the majority of mainstream America This shift was triggered by the release of the Sugarhill Gang s single Rapper s Delight Not only did it usher rap music into the mainstream s consciousness it brought us the word hip hop And It Don t Stop edited by the award winning journalist Raquel Cepeda with a foreword from Nelson George is a collection of the best articles the hip hop generation has produced It captures the indelible moments in hip hop s history since 1979 and will be the centerpiece of the twenty fifth anniversary celebration This book epitomizes the media s response by taking the reader on an engaging and critical journey including the very first pieces

written about hip hop for publications like The Village Voice controversial articles that created rifts between church and state the artist and journalist and articles that recorded the rise and tragic fall of the art form's appointed heroes such as Tupac Shakur Eazy E and the Notorious B.I.G. The list of contributors includes Toure Kevin Powell Dream Hampton Harry Allen Cheo Hodari Coker Greg Tate Bill Adler Hilton Als Danyel Smith and Joan Morgan     Be Yourself Lynda Field, 2011-03-31 Be Yourself is an inspiration for all of us who are so busy trying to get our lives sorted that we have forgotten our true purpose. The demands of the material world can keep us rushing about doing this and doing that until we find ourselves on a hamster's wheel of life going round and round in circles and being unable to get off. Excessive activity can make our daily reality feel like a relentless routine. To lead a meaningful and happy life we need to develop our inner strengths and qualities and we do this by balancing our doing and our being. Life is here to be lived and loved so step off that wheel and look around you. You are so much more than you think you are. This book takes you on a journey to your best self. You can make things happen in the world without losing your deep inner connection. You can be a success and still let go of tension and relax and enjoy the trip. Learn how to be yourself how to be active but still aware and conscious of the beauty of each present moment.

## Whispering the Secrets of Language: An Mental Journey through **Loving An Addict Loving Yourself**

In a digitally-driven earth where monitors reign great and quick conversation drowns out the subtleties of language, the profound secrets and psychological nuances concealed within phrases frequently go unheard. Yet, set within the pages of **Loving An Addict Loving Yourself** a captivating fictional value pulsing with raw emotions, lies a fantastic journey waiting to be undertaken. Published by an experienced wordsmith, this wonderful opus invites readers on an introspective journey, lightly unraveling the veiled truths and profound influence resonating within the very cloth of each and every word. Within the emotional depths with this poignant review, we will embark upon a heartfelt exploration of the book is primary themes, dissect its charming writing model, and fail to the effective resonance it evokes heavy within the recesses of readers hearts.

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### **Table of Contents Loving An Addict Loving Yourself**

1. Understanding the eBook Loving An Addict Loving Yourself
  - The Rise of Digital Reading Loving An Addict Loving Yourself
  - Advantages of eBooks Over Traditional Books
2. Identifying Loving An Addict Loving Yourself
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Loving An Addict Loving Yourself
  - User-Friendly Interface
4. Exploring eBook Recommendations from Loving An Addict Loving Yourself
  - Personalized Recommendations

- Loving An Addict Loving Yourself User Reviews and Ratings
- Loving An Addict Loving Yourself and Bestseller Lists
- 5. Accessing Loving An Addict Loving Yourself Free and Paid eBooks
  - Loving An Addict Loving Yourself Public Domain eBooks
  - Loving An Addict Loving Yourself eBook Subscription Services
  - Loving An Addict Loving Yourself Budget-Friendly Options
- 6. Navigating Loving An Addict Loving Yourself eBook Formats
  - ePub, PDF, MOBI, and More
  - Loving An Addict Loving Yourself Compatibility with Devices
  - Loving An Addict Loving Yourself Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Loving An Addict Loving Yourself
  - Highlighting and Note-Taking Loving An Addict Loving Yourself
  - Interactive Elements Loving An Addict Loving Yourself
- 8. Staying Engaged with Loving An Addict Loving Yourself
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Loving An Addict Loving Yourself
- 9. Balancing eBooks and Physical Books Loving An Addict Loving Yourself
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Loving An Addict Loving Yourself
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Loving An Addict Loving Yourself
  - Setting Reading Goals Loving An Addict Loving Yourself
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Loving An Addict Loving Yourself
  - Fact-Checking eBook Content of Loving An Addict Loving Yourself

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

### **Loving An Addict Loving Yourself Introduction**

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