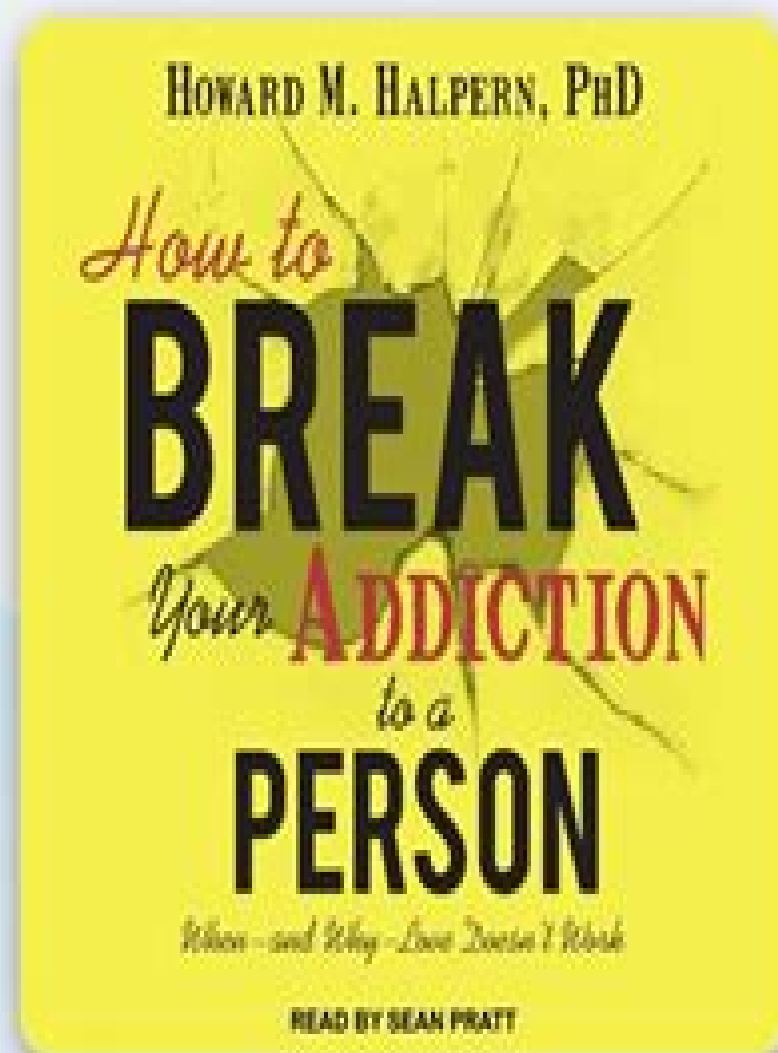


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How to Break Your Addiction to a Person...

Howard M. Halpern, PhD



How To Break Your Addiction To A Person

Howard Marvin Halpern



How To Break Your Addiction To A Person:

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 Couples Therapy in Managed Care Barbara Jo Brothers, 2014-02-04 Couples Therapy in Managed Care Facing the Crisis provides social workers psychologists and counselors with an overview of the negative effects of the managed care industry on the quality of mental health care Within this book you will discover the paradoxes that occur with the mixing of business principals and service principles and find valuable suggestions on how you can creatively cope within the managed care context With Couples Therapy in Managed Care you will learn how you can remain true to your own integrity and offer quality services within the current context of today's health care system Current and comprehensive Couples Therapy in Managed Care will assist you in easing the dilemma of patients who are suffering from serious physical illness or emotional pain and have little choice or time to search for a needed doctor or service Couples Therapy in Managed Care offers you informative tips and suggestions on how you can help your clients within the constraints

of the managed care system such as exploring ways to hold true to your personal values and the integrity of your personal approach to therapy while developing creative strategies to survive within managed care understanding the need to write a treatment plan using high professional standards and a solid theoretical analysis of the proposed therapy to give you a better chance of getting the managed care case manager to authorize your treatments realizing that maintaining a good working relationship with individual case managers will help you get more of your proposed treatments authorized although their high rate of turnover makes this a daunting task discovering that a sometimes a solution to your problem may be as simple as a phone call to a case manager to negotiate an exception to a standard procedure Couples Therapy in Managed Care offers you effective suggestions to help you overcome the limitations you may encounter while trying to practice within a managed care setting Innovative and informative this book will help you provide your patients with the best possible therapy while offering you ways to decrease the stress that managed care systems can cause you and your clients *Self-Help That Works* John C. Norcross,2013-04-11 Helps readers identify effective self help materials and distinguish them from those that are potentially misleading or even harmful It is designed for laypersons and mental health professionals and reviews books films online programs support groups and websites for 41 behavioral disorders and life challenges **Neuropsychologist's Journal** Judith Bendheim Guedalia,2015-02-17 Drawing on case studies from the areas of neuropsychology as well as developmental rehabilitation and medical psychology this book distills nearly 40 years of Dr Judith Guedalia s interventional styles christened Judi isms by the author and highlights the intersection between psychology and Judaism These interventional styles as well as the remarkable case studies are complemented by useful advice that readers at all levels of interest can incorporate into their own lives *101 Relationship Myths* Tim Ray,2012-05-01 Challenging many common delusions about love this straight talking humorous guide takes a closer look at the insanity of modern day relationships The handbook uses simple mythbusting techniques for increasing self awareness and avoiding misguided ideas Chapters include Stay Far Away from Women in Their 30s Your Partner Isn t a Mind Reader Can a Relationship Only Work if You Compromise Does Strong Sexual Attraction Mean You re a Good Match and Is It Better to Be in a Relationship Than to Be Single Guaranteed to provide greater clarity and contentment between any two people this reference provides provocative and much needed social commentary in a humorous fashion *Healing the Masculine Soul* Gordon Dalbey,2003-09-09 In his groundbreaking book fifteen years ago Gordon Dalbey identified the fact that men s souls have been torn between strength and sensitivity Today the situation is even worse The politically correct crowd cries out for men to be more sensitive to tame their masculine nature On the opposing side the media bombards men with macho images of violence and lust Is it any wonder men are left bewildered about who they should be In this newly revised and updated edition of *Healing the Masculine Soul* Dalbey claims that there s hope for restoration hope for healing because Christ has come to heal us God is calling men out to a relationship with Himself and calling them out to authentic manhood Our task is not to curse our manhood but to

redeem it he writes Gordon Dalbey s refreshing comprehensive picture of God s design for the masculine soul dares men to be as God created them to be not as society demands Dalbey tackles the tough issues including work sexuality marriage and fatherhood Book includes Study Guide Orange Coast Magazine ,1987-05 Orange Coast Magazine is the oldest continuously published lifestyle magazine in the region bringing together Orange County s most affluent coastal communities through smart fun and timely editorial content as well as compelling photographs and design Each issue features an award winning blend of celebrity and newsmaker profiles service journalism and authoritative articles on dining fashion home design and travel As Orange County s only paid subscription lifestyle magazine with circulation figures guaranteed by the Audit Bureau of Circulation Orange Coast is the definitive guidebook into the county s luxe lifestyle *Beyond Blue* Therese Borchard,2010-01-06 Therese Borchard may be one of the frankest funniest people on the planet That combined with her keen writing abilities has made her Beliefnet blog Beyond Blue one of the most trafficked blogs on the site BEYOND BLUE the book is part memoir part self help It describes Borchard s experience of living with manic depression as well as providing cutting edge research and information on dealing with mood disorders By exposing her vulnerability she endears herself immediately to the reader and then reduces even the most depressed to laughter as she provides a companion on the journey to recovery and the knowledge that the reader is not alone Comprised of four sections and twenty one chapters BEYOND BLUE covers a wide range of topics from codependency to addiction poor body image to postpartum depression from alternative medicine to psychopharmacology managing anxiety to applying lessons from therapy Because of her laser wit and Erma Bombeck sense of humor every chapter is entertaining as well as serious Should I Get Married? M. Blaine Smith,2000-10-05 For anyone contemplating marriage discerning compatibility with another seeking guidelines for finding a life partner or struggling with commitment this updated version by M Blaine Smith provides biblical counsel and wise advice

Slow Love Dominique Browning,2011-08-30 In burnished exquisite prose Browning describes her feelings of being set adrift until she gradually transforms her helter skelter days into a deliberate contemplative way of life The Boston Globe In late 2007 Dominique Browning the editor in chief of Conde Nast s House Garden was informed that the magazine had folded and she was out of a job Suddenly divested of the income and sense of purpose that had driven her for most of her adult life Browning panicked But freed of the incessant pressure to multi task and perform she unexpectedly discovered a more meaningful way to live Browning s witty and thoughtful memoir has already touched a chord with reviewers and readers alike While untold millions are feeling the stress of modern life Slow Love eloquently reminds us to appreciate what we have a timely message that we all need to hear Cutting Loose Howard Halpern,1990-04-15 With more than thirty five years of experience in psychotherapy Dr Halpern enables the adult child to understand his or her parent and foster a positive healthy adult relationship In all respects you appear to be well adjusted reasonably successful adult but in the presence of your parents you feel vulnerable dependent guilty insecure childlike They manipulate you smother you demand your attention or

elicit your resentment In clear nonclinical terms renowned psychotherapist Dr Howard Halpern shows you how to break these familiar family routines so that you can build healthy rewarding parent child relationships He teaches you for example how to handle martyred mothers despotic fathers and moralistic unloving or seductive parents He also addresses the sensitive topics of how to deal with aging divorced or dying parents Resolving conflicts with your parents will enable you finally to cut loose to start being yourself rather than your parent s child Without guilt revenge or fear as your motives you will be able to make the choices in love work and values that do justice to who you are With more than thirty five years of experience in psychotherapy Dr Halpern enables the adult child to understand his or her parent and foster a positive healthy adult relationship

Please Don't Say You Need Me Jan Silvius,2010-12-21 Please Don t Say You Need Me is a common plea voiced by people trapped in unhealthy codependent relationships Confused by their conflicting emotions they feel trapped between wanting to love and care for someone else and yet at the same time needing to escape from that person s intense and suffocating demands for self esteem Jan Silvius offers practical biblical answers for those dealing with codependency actually people dependency that can exist between mates siblings parents and children and friends Who is the codependent person What is a codependent relationship What role does guilt play in a codependent relationship Can Christians be codependent Jan Silvius answers these questions and shows readers how to identify and break the cycle of a codependent relationship in a loving scriptural manner Here is insight hope and encouragement for replacing unhealthy ways of relating with a new approach that can bring balance and wholeness

Clinical Applications of Rational-Emotive Therapy Michael E. Bernard,A. Ellis,2013-11-11 Since its launching in 1955 rational emotive therapy RET has become one of the most influential forms of counseling and psychotherapy used by literally thousands of mental health practitioners throughout the world From its beginnings RET has dealt with problems of human disturbance It presents a theory of how people primarily disturb themselves and what they can do particularly with the help of a therapist or counselor to reduce their disturbances Ellis 1957a b 1958a b 1962 Almost immediately after the creation of RET it became obvious that the methodology could be used in many other fields especially those involving human relations Ellis Ellis optimistic because it provides people with the possibility and the means for change Showing to people how their attitudes and beliefs are responsible for their emotional distress and interpersonal problems and not some out of conscious early childhood experience awakens in them the hope that in reality they have some control over their destiny

When the Body Is the Target Sharon Klayman Farber,2002-11-05 In this comprehensive and insightful work Dr Sharon K Farber provides an invaluable resource for the mental health professional who is struggling to understand self harm and its origins Using attachment theory to explain how addictive connections to pain and suffering develop she discusses various kinds and functions of self harm behavior From eating disorders to body modifications such as tattooing Dr Farber explores the language of self harm and the translation of that language and its psychic functions in the therapeutic setting She tells us When the body weeps tears of blood we need to

wonder what terrible sorrows cannot be spoken Brilliantly illustrated with rich clinical material this book offers a practical approach to the diagnosis assessment and treatment of the increasing number of patients whose emotions are expressed through bodily harm The challenges of working with patients who tend to view the world of relationships in terms of predator and prey are clearly explicated and the stormy countertransference responses that threaten to destroy the treatment are given a full hearing Finally she shows how the attachment relationship formed in treatment can repair the traumatic attachment in mind body psyche and soul and can serve as the cornerstone of therapeutic change A Jason Aronson Book

The Art of Friendly Confrontation Shirley Brackett Mathey,2012-05 THE ART OF FRIENDLY CONFRONTATION This book describes the coping skills strategies and methods to help others see your point of view These skills work with the precursors of ego anger and power in personal relationships and keep your own dignity with understanding role placement power and reversal When problems arise as they always do these conflict skills found in The Art of Friendly Confrontation identify the skills for fairness in relationships 10 00 Understand purpose of coping skills methods and strategies Identify the precursors of conflict ego anger power Recognize role placement role power and role reversal Evaluate vulnerability in healthy relationships Identify coping skills to increase self esteem Healing from a Narcissistic Relationship Margalis Fjelstad,2017-05-05 When a relationship with a narcissist ends the caretaking partner is often left confused deeply hurt and often still emotionally connected while the narcissist seems to easily move on to the next relationship Healing from a Narcissistic Relationship offers guidance about what to expect as the relationship unravels and how to cope with the fallout It also helps the reader learn to truly disengage and move through the grief process Presenting techniques for healing and rebuilding self esteem and self confidence this book offers a guide to developing emotional strength and encourages forgiveness and reconciliation with the past It shows the reader how to increase emotional self protections quit caretaking in relationships and become more independent and self loving Using real stories Margalis Fjelstad offers a process of healing that can direct the reader away from former patterns of inequitable relationships and toward loving caring connections that can truly grow healthfully and flourish It shows that ending a relationship with a narcissist may be the best thing that ever happened Where There's A Will There's A Way Laurie Maguire,2007-10-30 When life becomes one big drama let history s greatest life coach help you rewrite it Bard expert Laurie Maguire brings her knowledge and love of Shakespeare to bear on the great and small challenges that all readers face today As she illustrates in this witty accessible and unique self help book all one really needs is Shakespeare when it comes to understanding life Covering such universal subjects as identity the battle of the sexes family relationships love loss and death Maguire shows how the dilemmas illustrated in Shakespeare s plays can help readers explore their own emotions and judgments Together Maguire and Shakespeare offer suggestions comfort empathy and encouragement as they set out a timeless principle for living To read Shakespeare is to understand what it means to be human To read Where There s a Will There s a Way is to better understand how to deal with it **The**

Ethics of Interpersonal Relationships Joyce Catlett, Robert W. Firestone, 2018-03-28 Writing this book springs from a deep feeling for people and a grave concern that without a proper understanding of the reasons for their inhumanity in relation to one another and the development of a compassionate world view it is likely that human beings may eventually destroy themselves and life on the planet This work is an attempt to explain the source of destructive behaviour and how it manifests itself in personal relationships between men women couples and families and in the social arena The author presents a position that offers a hope of altering the destiny of humankind s unethical behavior through better psychological understanding and education Understanding the source of a person s aggressiveness in defending the fantasy bond and learning to cope with the voice process have strong implications for child rearing and better mental health practices

Unveiling the Magic of Words: A Overview of "**How To Break Your Addiction To A Person**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**How To Break Your Addiction To A Person**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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