



## Exaholics: Breaking Your Addiction to an Ex Love (Paperback)

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By Dr. Lisa Bobby

Sterling Publishing Co Inc, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. Severing a cherished relationship is one of the most painful experiences in life - and cutting those emotional ties to a loved one can feel almost like ending an addiction. Written by counsellor and therapist Dr. Lisa Bobby, Exaholics offers meaningful support and advice to anyone trapped in the obsessive pain of a broken, or dying, attachment. She helps the brokenhearted heal, showing them, on a deep level, how to develop a conceptual framework for their experience, understand the emotional processes at work inside themselves, find the path to recovery, and free themselves of shame, injured ego, and remorse. In-depth case studies of others journeys will illuminate the way to future happiness.



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