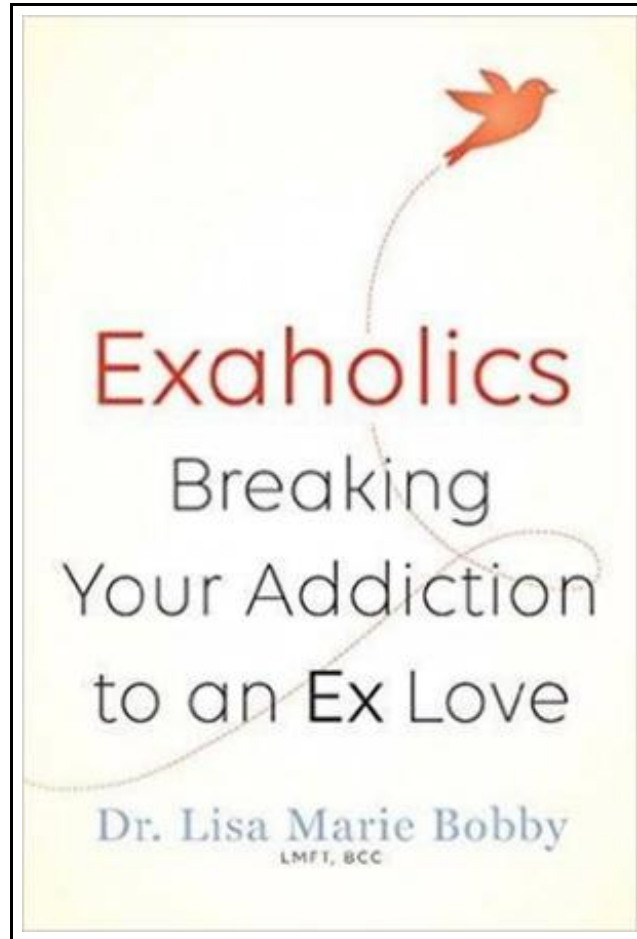


Exaholics: Breaking Your Addiction to a Lost Love



Filesize: 6.52 MB

Reviews

Merely no terms to spell out. We have read through and i also am confident that i will gonna read yet again again in the future. You will not sense monotony at anytime of your own time (that's what catalogs are for about should you question me).

(Pasquale Larkin I)

EXAHOLICS: BREAKING YOUR ADDICTION TO A LOST LOVE



Sterling Publishing Co Inc. Paperback. Book Condition: new. BRAND NEW, Exaholics: Breaking Your Addiction to a Lost Love, Lisa Bobby, 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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