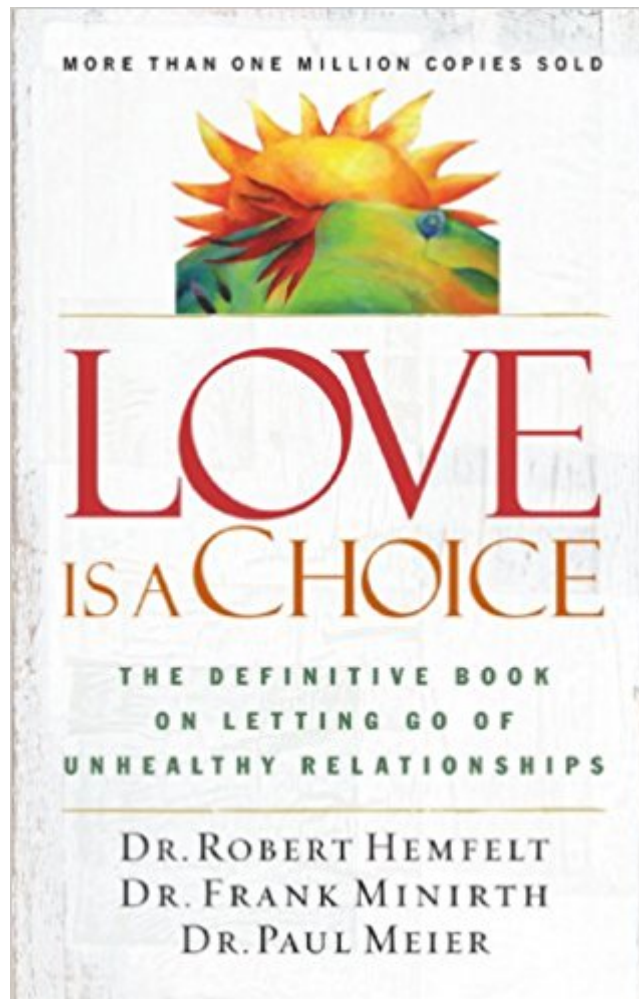


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# Love Is A Choice: The Definitive Book On Letting Go Of Unhealthy Relationships



## Synopsis

These bestselling doctors walk you through their ten proven stages to recovery from codependency that results from external circumstances. Humans are susceptible to codependency because of our sinful tendency to use defense mechanisms to fool ourselves. In codependent relationships, deceitful games are played, and important Christian principles are often taken out of context and abused. God wants us to have healthy relationships with a balance between being dependent and independent. The doctors describe how the most effective means of overcoming codependent relationships is to establish or deepen a relationship with Christ Himself. They describe the causes of codependency, pointing out the factors that perpetuate it, and lead readers through their ten stages of recovery.

## Book Information

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## Customer Reviews

Don't let the title fool you. Although this is a book about dealing with failed adult relationships, the main emphasis is on the phenomena of co-dependency. Unresolved issues of childhood are the primary cause, and Drs Hemfelt, Minnerth and Meier go through many real life case studies that lead the reader to examine their own life, as well as the life of their "significant other". Realizing how your lowly filled "love tank" is affecting your life is a powerful tool for recovery. Realizing you have a loving heavenly father is a key to recovery as well. I think this book is excellent for anybody experiencing a significant problem with a marriage or other long term relationship.

Having been raised in a home with an alcoholic father and abusive parents in general, I was left in a

codependant stupor. At thirty-something and after the birth of a fourth child I found myself in a serious depression I couldn't shake. Having gone through years of counseling and having dealt with much of my past, I was surprised to see it creep up again. This book gave me some powerfully accurate information as well as some great tools for dealing with my situation. I highly recommend this book to anyone who wants to finally be rid of the old tapes in their head.

I found the information in this book very helpful. It is easy to read and understand. It is encouraging. It provides insight into what's going on when you're trying to cast off old ways of living that hold you back. This book is worth reading, not only for the information to help you grow personally, but to be more aware and understanding of others in your life. Although the authors may be religious, this does not come across heavily in the book and would not complicate a non-religious person using the information and insights to change things they don't like.

This is a must read for individuals with codependant issues. It is written from a biblical perspective by three Drs. It uses scripture all the way through it. It is very easy reading and very simple to understand. The very best book on codependancy I have ever read. I use it to counsel people.

Right around the time when I began to realize that my marriage was not going to survive, I dove into self help and recovery books with laser like precision. I bought this book, because I was in need of knowing whether or not there was some way I could save my marriage on my own. The title "Love is a Choice" prompted me to think that perhaps love was that simple; a matter of choice. I was happily surprised when I began to understand the premise of the book was not that simple. We all have the choice to love ourselves or not. We all have the choice to learn about our inner wounds or not. We all have the choice to try to understand why we are the way we are, or not. This book helped clear up my ideas about codependency and the innumerable ways in which it effects our minute to minute thought processes. Although I could not save my marriage alone, I did learn to save myself... The concepts in this book were clear and easy to follow. Their many case studies made understanding very complex relationship dynamics easy to relate to. There is not anyone who would not benefit from the teachings in this book. I highly recommend this book... Namaste...

This book surprised me. It fell into my hands with perfect timing in midlife. While I am not as deeply affected in many areas "lost childhood", "abuse" etc. there are many concepts that were most helpful. I identified with "passive abuse" through emotional absence of my parents and the fact that I

measure others' childhood by my own as the "norm" because it's all I know. Also tremendously helpful is the concept of "repetition compulsion" where I am 'driven' to recreate as an adult the home I grew up in - in everything from taste in decor to relational patterns with my wife and children. Despite the quality or lack of it in some areas of the home I grew up in, it was nonetheless the place I found what security I could. I want that security again. I have been searching for "home" for many years and now I know why. Other helpful chapters were "The Snowball Effect of Addiction", "Anger" and "Codependent or Healthy Relationships" as well as "Codependent or Interdependent Relationships." We think codependency is something extreme but it is a matter of degree really. We all are somewhat codependent, and this is at the very least evident in the degree of emotion with which we respond to others. Also "The Roles People Play" in which I could recognize all my siblings at different times in one or more patterns behaving in response to our pain (hero, scapegoat, mascot, lost child, placater, rescuer, martyr etc.) Finally key chapters were "The Stages of Recovery", "Leaving Home and Saying Goodbye," "Seeing Yourself in a New Light," "New Experiences and Reparenting." I have recently bought the companion workbook I intend to work through. I have also begun discussing a few concepts with my siblings and am finding some reception and agreement. Another book that's just as helpful is "Kids Who Carry Our Pain" by Hemfelt and Warren.

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