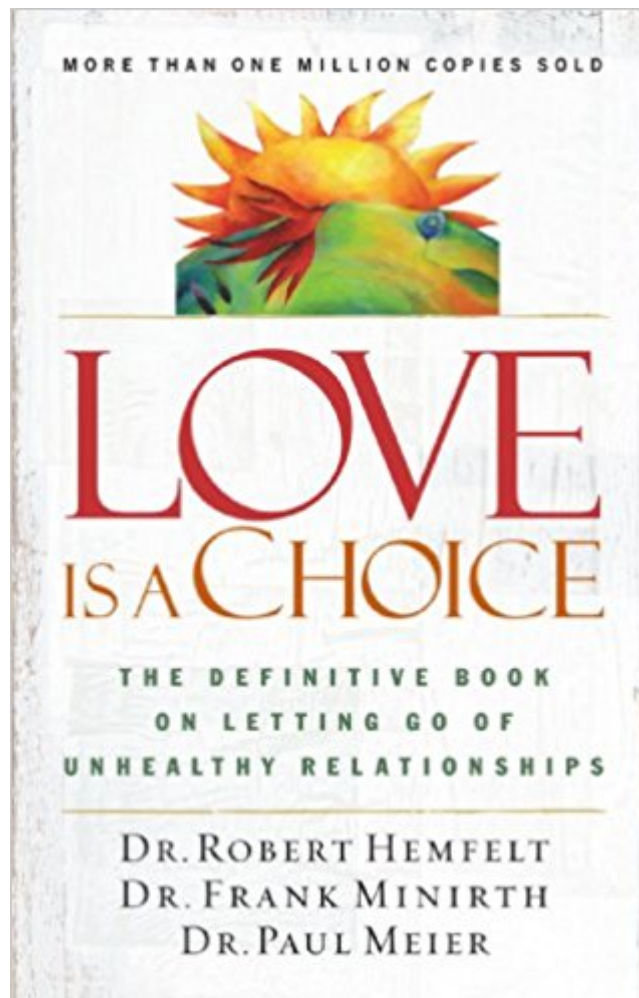




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# Love Is A Choice: The Definitive Book On Letting Go Of Unhealthy Relationships



## 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

Frank Minirth, M.D., is founder of The Minirth Clinic and has authored or co-authored more than thirty books, including *Happiness Is a Choice*, and *Worry-free Living*. Paul Meier, M.D. is a psychiatrist and founder of the national chain of Meier Clinics as well as best-selling author or co-author of more than eighty books. He holds five degrees in the fields of medicine, psychiatry, and theology. Happily married, he has six children and two grandchildren.

Absolutely amazing book, it has helped me understand and process a lot of issues I've been facing with relationships and my codependency from a rough childhood. It's simple and easy to read, plus

it gives great examples via stories they tell within the book. It's very hard emotionally to read at times because it makes you realize a lot of your own faults and things we must face from time to time. By the end of the book however I felt very much uplifted and on the road to recovery.

This is the best book ever for understanding dysfunction in families and oneself, AND what and how to do something about it. It isn't a totally self-help book because the authors recognize that some issues are too complex and deep for one to self-treat. Therefore professional therapy is readily recommended, but it is sufficient to give one the awareness of the issue of co-dependence and how it effects virtually everyone to one degree or another as well as directing one toward the path of healthy relationships. I read this book nearly 20 years ago and applied it to my life almost daily. I have purchased this book to give to others and will read it yet again.

Changed my life as I learned "why" I did and felt the way I do. It covers most all people. Some chapters are not for everyone. Find the chapter that you relate to and read it many times until you relate to it's truth. Some chapters I only needed to read once and it hit home, others I struggled with knowing htat I needed more time to understand...

This book opened my eyes to building three important relationships: first with myself, others, and finally with theGod of my understanding. I found it to be easy to read and understand and very logical. I would recommend it to my children who are also codependents.

This is an excellent book! I learn something life changing with every turn of the page. Love is a Choice and we all struggle with some degree of Co-dependency. The knowledge in this book transcends time, written in the 1980's (published in 1989, when I was 10 yrs. old) but it proves that peoples' life issues and habits don't change unless they actively work to change them. I recommend this book to every person I know that is struggling with life issues, tormented, unhealthy and broken relationships. Thanks to this book my life makes more sense and I am learning how to build strong healthy relationships, but most importantly it is helping me repairing my marriage.

Recommended to me by a pastor friend I have worked through this book and have seen great changes in me. God is not finished with me but I have a new perspective on life and myself. I will re-read and use this book often to keep myself in check. And remind myself that love is a choice and I need to love myself first.

I haven't even finished yet, and this book is already changing my life! It does discuss a lot about addiction, but as you will discover throughout the book, anyone can read it. And it's definitions of addiction and codependency are atypical.

A very good book and much needed to cover sort of both sides of addiction and codependence. Very well written and easy to understand. Highly recommend for any and all to read. Even if you are not going through these things yourself, it really helps to understand other family and friends who do.

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