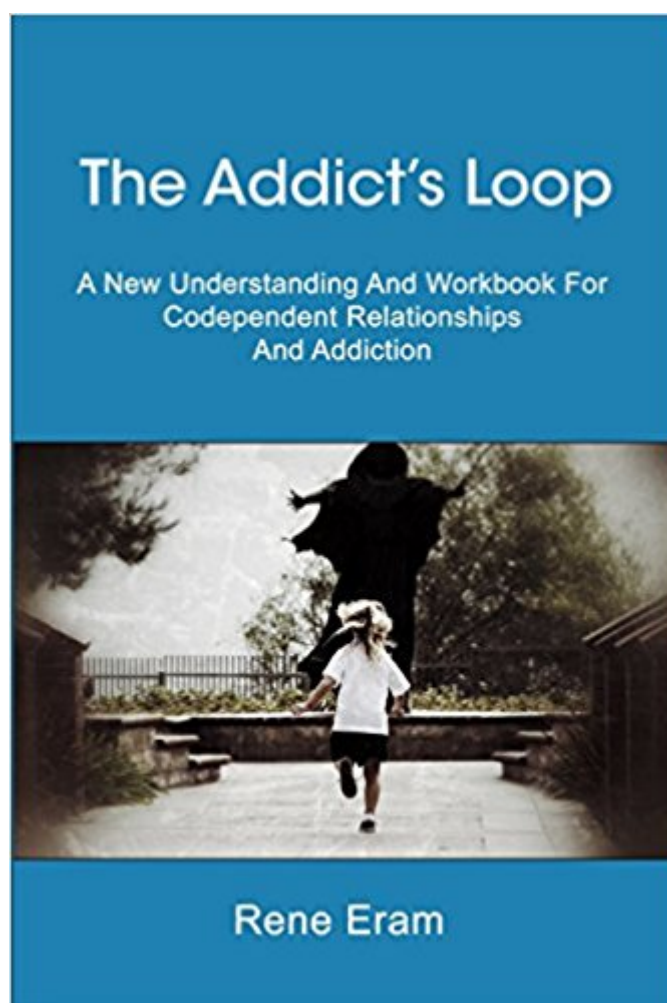


The book was found

The Addict's Loop: A New Understanding And Workbook For Codependent Relationships And Addiction



Synopsis

What is codependence, really? What creates addiction? Why am I attracted to the same codependent relationships over and over again? Why can't I stay sober? Why do I keep hurting or getting hurt by the people I love? How do my relationships affect my addiction? These questions and many more are answered in *The Addict's Loop*. *The Addict's Loop* uncovers and describes a new model for understanding codependent relationships and how they can create and fuel addiction. It is also a workbook with 9 steps toward recovery. There are examples, tools, writing exercises and solutions that heal codependent relationships and counter condition addiction patterns.

Book Information

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Customer Reviews

Rene Eram is a writer and film maker who has focused the past 15 years researching the root causes of addiction and codependence. His personal quest (including 26 years of sobriety & counselor training) has led to the development of a new and easy to understand model of addiction and codependence patterns. Rene has taught his addiction and codependence model and solutions, in a series of original workshops in recovery environments. His hope and goal is to help alleviate the disconnection and suffering caused by insidious, codependent relationships and explain how unconscious codependence creates addiction.

If you are in any kind of recovery process or in a relationship of any kind, troubled or not; this book may provide insights you never thought of. Alcoholism, substance and process addictions, are a

leading health issue for most of the world. This book pulls back the covers on these topics to reveal an unconscious driving force fueling these pernicious maladies. It reveals mental and emotional patterns, processes, and characteristics programed in early childhood and young adulthood, long before any symptoms of substance abuse arise. Making known these patterns through self-awareness and identification and some personal family history detective work can enable me to take proactive steps in here and now relationship communications and crises. This book is about identifying both controlling patterns and dependent tendencies at unhealthy levels and taking the necessary actions through support and connection with one's innermost strengths. It is not about a quick fix to these problems but a plan of action that through group and personal effort one can attain and maintain a life of relationships in health, love, and honesty. This book is about self-care at the deepest level; as Rene puts it, "my core integrity and root honesty". You'll never look at codependency, addiction, or relationships the same again.

If you continue to ask yourself, "Why do I continue to choose the way I do, Make the same mistakes, Choose the not so good partner?" This book will answer that for you. Mr. Eram has addressed and made it simple as to why and given you step on how to change the thought process. By no means is this a simple task, nor for the faint, the support you receive outside of this book is phenomenal. It is easy to know how to try to change things, it is another when you can truly name why it is we choose to do what we do and then attempt to change ourselves. This has given a whole new insight to understanding addiction, and that is not only to cover alcohol, drugs, eating disorders, depression, or any other compulsion that we generate to save ourself. This book is full of hidden answers that others dare not bring out or express. Thank you for braving this journey Mr. Eram and continued success.

The addicts loop is a very well written and insightful book based on the authors experience as a counselor. Counseling addicts over the course of many years. You don't have to be a drug addict or alcoholic to relate to this book. It's for people also addicted to unhealthy relationships. We go through these relationships blind or unaware of the roles being played out on both sides, without placing blame or shame on anyone, it helps us discover ourselves and the roles played out in toxic relationships. To help bring us to an awareness of our own behavior and the behavior we are accepting for ourselves in relationships. I do agree with the author these roles are passed down through generations. Once we become aware of something we have the power to change it.

The Addict's Loop has given me a new perspective on how and why I do the things I do in my relationships. I now have a clear picture of how I became a controller, enabler and a rescuer. I have been going about my relationships exactly the same way as my parents and grandparents did, and how I am passing it on to my 2 sons. I have read more self-help books than I care to admit and now for the first time in my life at 50 and 3 marriages later, I feel that I have a chance of breaking this unconscious cycle and hopefully prevent my young sons to continue with this horrible unconscious codependent way of life. People who know me well, are noticing a change in me, but not quite knowing what it is exactly. The only thing I can do is to tell them about my codependency and give them the best gift I can think of, Rene Eram's book, The Addict's Loop.

Love this Book...it explained in simple terms why even in my recovery I would experience patterns that were being played out; with partners, coworkers, & bosses. I would also continue compulsive behaviors ...shopping, over working ect. I have been in recovery for 32 years and have been working in the Addiction Field for 18 years. This information is pioneering new thinking combined with traditional recovery work. The Author is passionate about his work and it shows. Rene and I completed a Coda-mapping of my family, one of the most powerful exercises that I have experienced. I saw the unconscious patterns mapped out for generations and how I have continued to recreated them. I am excited to have found this information, it came along at the right time in my life...Thank you Rene Eram for your hard work and dedication

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The book is definitely one of the most insightful and helpful books I have read in a very long time. Mr. Eram's insights into the core wounds from child hood that condition us into the various subconscious roles we develop and how they affect our behavior in our present day relationships is intelligently presented in the book. It has helped me dig deeper into my own addictions and relations with others in the present day. The book is definitely a must read if you wish to gain better understanding of relationships and how these roles that Mr. Eram presents are so easy to slip into during our most intimate relationships due to developed roles and core wounding of childhood. I highly recommend the book to any body dealing with addiction, relationship issues, or self-improvement overall. The book will help you tremendously on all three categories because it will help you start to heal and make you self aware of the issues that may be blocking you in your life and your relationships.

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