



## Loving an Addict, Loving Yourself: The Workbook

Are you in a significant relationship with someone who has an addiction? Are you frustrated with watching your addicted loved ones destroy their lives?

*Loving an Addict, Loving Yourself: The Workbook* will show you how your life can improve by helping you to understand what will and won't work in your relationship with your addicted loved one—and in your relationship with yourself.

As you become familiar with the top ten survival tips for loving someone with an addiction, you will learn how to offer healthier and more effective choices to your addicted loved one. Once you do this, you will feel a sense of realistic control in your life. In turn, this will increase your self-respect, which is, without a doubt, the most important thing you can change about yourself.

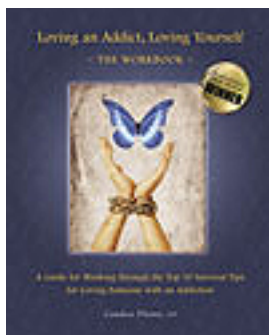
### Product Details

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“This workbook is an incredibly educational and easy-to-use resource for both individuals and helping professionals alike. In a gentle yet straightforward manner, it provides a compassionate, step-by-step guide for addressing the specific concerns and hurdles that come with loving someone struggling with addiction ... It is the perfect companion for Ms. Plattor’s first book *Loving an Addict, Loving Yourself*, and it helps answer the question people who love an addict often say and those supporting them often hear: “So now that I realize there is a problem ... what do I do about it?”

~ **Constance Lynn Hummel, MA, BCC, CCC**

Specializing in relationships, sex addiction, and  
substance addictions