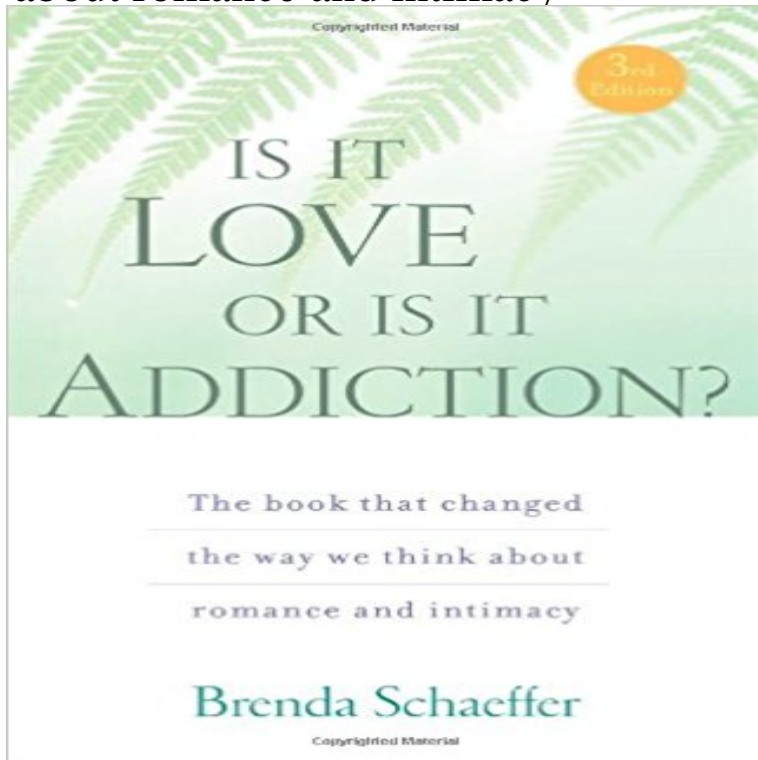


# Is It Love or Is It Addiction: The book that changed the way we think about romance and intimacy



Many of us confuse longing and obsession with true love. Through two previous editions, *Is It Love or Is It Addiction?* has helped countless people find their way from the trials and confusion of addictive love to the fulfillment of whole and healthy relationships. As the author reveals, we can begin to work through relationship difficulties with compassion and lasting effect by increasing our awareness of the ways that we express love. In this expanded third edition, Brenda Schaeffer draws on years of feedback and new developments to foster an understanding of love addiction: what it is and what it is not, how to identify it, and, even more important, how to break free of it. Stories of real people struggling to develop sound relationships illustrate the characteristics of healthy love and help readers to free themselves to find real intimacy. Included is the most up-to-date information about the biological basis of addictive behaviors and the impact of technology on intimate relationships. The author also explores the influence of past abuse and trauma on the predisposition to love addiction.

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