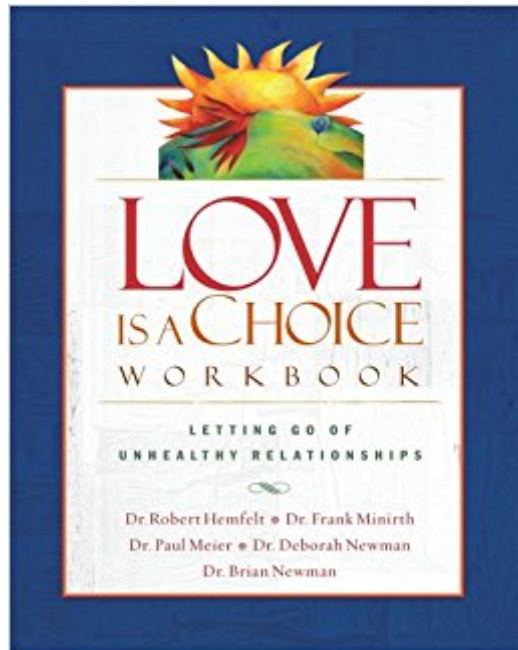


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# Love Is A Choice Workbook



## Synopsis

Love Is a Choice Workbook provides a ten-stage plan to help you find healing from the pain that created your codependency and then guides you through the plan using interactive questions, self-tests, exercises, and journaling. This workbook helps you to step back and examine your life and then effectively deal with your codependency at your own pace. It can be used independently, or with Love Is a Choice, to help you break the cycle of codependency and be free to make new choices-free to choose love.

## Book Information

Paperback: 292 pages

Publisher: Thomas Nelson; Workbook edition (November 9, 2004)

Language: English

ISBN-10: 0785260218

ISBN-13: 978-0785260219

Product Dimensions: 7 x 0.6 x 9 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (40 customer reviews)

Best Sellers Rank: #81,150 in Books (See Top 100 in Books) #101 inÂ Books > Health, Fitness & Dieting > Mental Health > Eating Disorders #126 inÂ Books > Health, Fitness & Dieting > Mental Health > Codependency #226 inÂ Books > Christian Books & Bibles > Christian Living > Dating & Relationships

## Customer Reviews

In a state of depression and desperation I felt an overwhelming urge to drive to [a bookstore] in search of help. I didn't even know what I was looking for. I did know my search would definitely begin in the "Self-help" section. I picked up several books on relationships and read the backs of them. The third one I picked up was "Love is a Choice", and when I read the back I started to cry. It was like divine intervention because I had only heard the term "codependent" - I didn't know exactly what it meant and certainly didn't know that it applied to me. Boy, did it ever. This book was such an eye opener for me and truly has changed my life. I know I have a long way to go in the healing process (maybe a lifetime), but now I have hope and the power of knowledge on my side. The greatest (and most unexpected) benefit of reading this book was that it helped me to get to know God - someone I didn't think knew me or loved me. I am so thankful that this book was written, and that there are people with the knowledge, experience, and expertise out there willing to work hard to make a

happy and healthy life a reality for so many of us. Thank you!

This stellar book has helped me discover the cause of most of my problems. Now, I'm on the road to recovery. At first I read it for a thesis paper dealing with compulsive behaviors (which it is extremely helpful for), then I read it for myself! It changed me; it's the best!

Awesome workbook! Hard work and difficult things to look at in your past and in your life, but very helpful in dealing with codependency and boundary issues. I highly recommend this for those wanting to work on codependency issues.....probably best to work through with a counselor or fellow struggler.

Take your first steps toward real freedom from codependency. This book show you what codependency is and then gives you a ten step process to help with recovery. Great book

"Love is a Choice" is getting to the root of an issue that much of self-help theory is aimed at (or should be aimed at )resolving - codependency. The authors claim that at least 100 million people are suffering from codependency. If so (and I certainly believe them) then this book is sorely needed. We are seeing an expanded perspective of the meaning of codependency. "Love is a Choice" is useful because it is a workbook format, and for making progress with codepenency issues, a workbook is likely necessary. The authors' definition of codependency is "living in the myth that you can make yourself happy by trying to control people and events outside yourself. A sense of control, or the lack of it, is central to everything you do and think." In my view this is appropo. We can be codependent in relationship to people, situations, and things; however, in my perspective when we learn how to have healthy relationships with the people in our lives, our relationships with the other two (situations/things) also work themselves out because we are putting people first. My suggestion: get going on this work!

The work book is a great help when reading the corresponding book. My mind was full of so much information and reviewing so many ideas that it necessitated writing it down at the moment I thought it, while reading the book. The work book also helps to steer you into an better thought plan, to organize your thinking and get it down on paper. Buy it and use it! The buy an extra workbook because you ARE going to want to share the book, but will NOT want to share your private thoughts in YOUR workbook!

This workbook has really helped me think through my relationship patterns. It is very clear and concise, and is an excellent supplement to the book without being repetitive. I highly recommend it....

This book has helped me a lot and I am very glad I bought it. The only thing that rubbed me the wrong way was its emphasis on finding love in God. I could see why a religious person would find comfort in this, but as an atheist it leaves me a little less to work off of. Not a bash against religion, I just think the book limits its audience a bit by including that stuff.

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