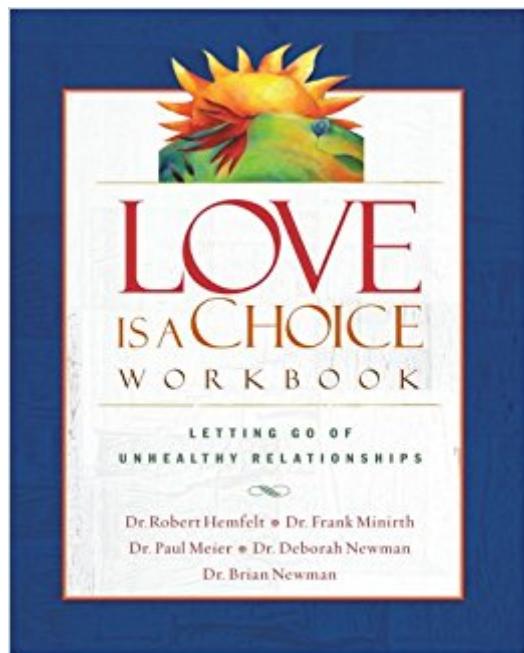


The book was found

# 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

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Product Dimensions: 7 x 0.6 x 9 inches

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

Average Customer Review: 4.5 out of 5 stars 46 customer reviews

Best Sellers Rank: #277,787 in Books (See Top 100 in Books) #235 in Books > Health, Fitness & Dieting > Mental Health > Codependency #271 in Books > Health, Fitness & Dieting > Mental Health > Eating Disorders #556 in Books > Christian Books & Bibles > Christian Living > Dating & Relationships

## **Customer Reviews**

This book has been a wonderful tool for me to become a happier and more healthy person. It also helps me to understand myself and others in a much more loving and understanding way. Thank you for the quick service too.

I have not finished the book yet but have found it very helpful in dealing with past issues. I wasn't sure when I bought it that I really needed it but I've very glad I have it. Even if you don't really fit the co-dependent mold this workbook will help you sort through your childhood mess, see it for what it is, and begin to deal with it and start healing. It is presented in a very positive way and is straight forward and encourages you to be completely honest with your feelings. I highly recommend it.

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!

I am using this book to lead a small connect group in prison. As a prison minister, I have found that this is a valuable tool to help men begin a healing journey with Christ by letting go of unhealthy relationships.

Great book; I used to use it with my counseling clients years ago and don't know why I stopped. I'm back!!!

I have used this book many times in a group and individually. it really helps in relationship issues.

Great study to help you work thru things in your life.

Good if you find yourself in patterns of harmful communication with intimate partners. If you are insightful you can apply it to other relationships as well....but it is mostly geared to your primary relationships....and breaking that cycle.

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