



# Loving an Addict, Loving Yourself

*Candace Plattor*

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## **Loving an Addict, Loving Yourself** Candace Plattor

Are you feeling exasperated and helpless about your family member's addiction?

Are you at your wit's end, having tried everything you can think of to make them stop?

If someone you love is engaging in addictive behaviors such as alcohol and drug misuse, eating disorders, smoking, gambling, Internet addiction, sex addiction, compulsive over-spending, or relationship addiction, you are undoubtedly experiencing unpredictability in your relationship.

Some of the most common emotions you will experience include: guilt and shame; anger and anxiety; confusion and powerlessness.

Whether the addict in your life is your spouse, partner, parent, child, friend, or colleague, the key to changing this reality for yourself lies in shifting your focus from your loved one's addiction to your own self-care. This book presents a dramatically fresh approach to help you get off the roller-coaster chaos of addiction, maintain your own sanity and serenity, and live your best life.

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