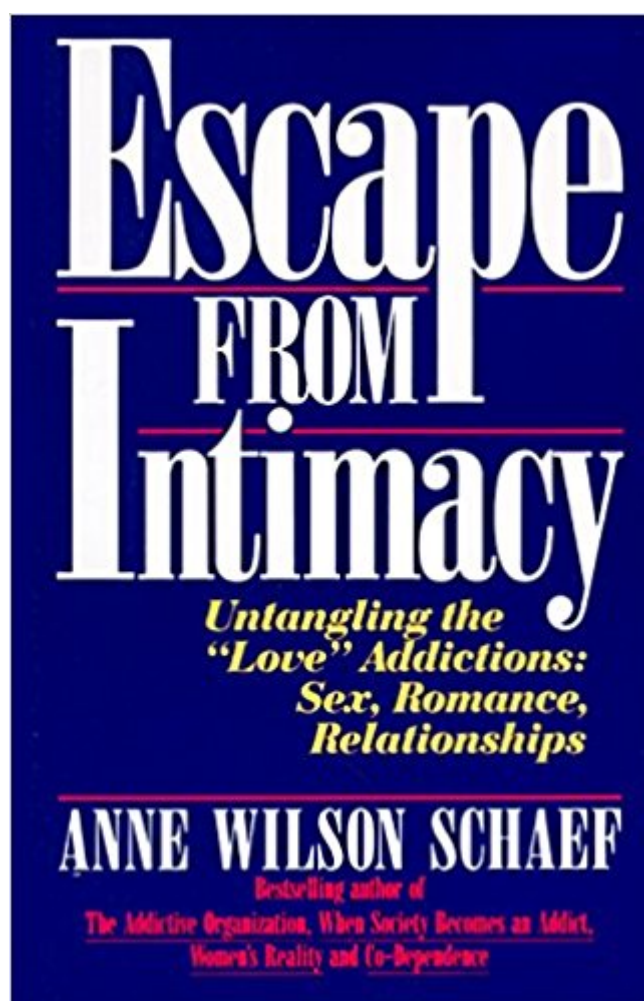




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Escape From Intimacy: Untangling The "Love" Addictions: Sex, Romance, Relationships



Synopsis

Schaef applies the addictions of sex, love, romance, and relationships to her broader addiction theory and clearly defines and contrasts the relationship addictions.

Book Information

Paperback: 176 pages

Publisher: HarperOne; 1st Harper & Row Paperback Ed edition (September 20, 1990)

Language: English

ISBN-10: 0062548735

ISBN-13: 978-0062548733

Product Dimensions: 5.3 x 0.4 x 8 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 30 customer reviews

Best Sellers Rank: #271,509 in Books (See Top 100 in Books) #96 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Sexual](#) #769 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Sexuality](#) #997 in [Books > Self-Help > Sex](#)

Customer Reviews

Sexual addiction, in Schaef's diagnosis, comes in many guises: an obsession with erotic activities, lust, child molesting, incest or an "anorexic" distaste for matters sexual. Besides sex addicts, Schaef (*Women's Reality*) here profiles two other types of addicts: "romance junkies," who seek escape from true intimacy through pseudo-relationships, and "relationship addicts"preoccupied with a particular person or with the need to have a relationship, real or fantasied. A former psychotherapist, Schaef insists that addictive ties are reinforced by underlying sick tendencies in our frantic, competitive culture. Romance addicts, for example, mesh with society's illusionary focus, which reinforces their avoidance of life's hard realities. The author outlines a 12-step program for recovery from self-destructive personal addictions. Her levelheaded yet powerful analysis holds up a startling mirror in which many readers will see themselves. Author tour. Copyright 1989 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

"[Shaef's] levelheaded yet powerful analysis holds up a startling mirror in which many readers will see themselves." -- "Jordan Paul, PH.D., author of *Do I Have to Give Up Me to Be Loved by You?*" "A valuable contribution to our understanding of these complex addictions." -- "Jennifer Schneider, author of *Back from Betrayal*"

What I enjoy about Anne Wilson Schaef's writing is that she is direct, concise, and engaging. I purchased this book for a friend for a birthday gift. At age 70, she began a romantic relationship with a 53 year old man. She was criticized brutally by her children and had to learn to establish boundaries with them. She learned so much from this relationship and came out the other side able to counsel other senior women in their romantic partnerships. I wanted her to have this book as a reference for romantic addiction for which there is a fine line. Due to the chemicals involved, it can be a tough addiction to recognize as well as a challenge to shift. Most romantic addicts call their feelings for the other person "love"... and "I am IN LOVE"...that's the first clue. This book is terrific and could be a reference for all relationship counselors or for people who believe that they are "in love". My addiction is codependence. Ms. Schaef writes again, concisely about this addiction. My need "to fix" or "give solve another's problem" is a daily challenge for me. Thankfully I am more aware and recognize my "need to fix" and then I have learned to mind my own business. The other day, a little squirrel was limping around with a leg injury. Before I knew it, I was planning on going and getting it some food instead of recognizing that it was "God's" business not mine. I like Byron Katie's 3 kinds of business...God's, mine, and yours. I have gained so much freedom staying in my own business. I have an old copy of this book and use it as a reference for my own life. Thank you Anne.

This book marks significant breakthrough in the research and treatment of distortions and addictions related to sex, romance, fantasy, relationships, and culture. Schaef offers clear structures for identifying relational dysfunction, patterns, and the addictive cycle - from "anorexic" behavior to a variety of forms of acting-out. Written in frank, laymen's terms, this is a must-read for anyone in the helping profession, in recovery, or seeking to address questions about intimacy. The author does not just present much-needed distinctions between relationship and pseudo-relationship, but she offers keys for real intimacy in the battle against addictive cycles. This is now required reading for my clients and recovery groups.

Anne Wilson Schaef's text on addictions is a necessary work for teaching students about process addictions. My university students were especially enlightened to find out that Western cultures encourage romance addiction (unconscious assumptions about gender, romance, and relationships). I often give this book as a gift to struggling friends and relatives. This time I gave it to a cousin who has been married six times.

This is an excellent book. Well written, concise, and powerful. There are a lot of people who have some kind of "love" addiction, and realizing what it is gives you a lot of power to begin changing old patterns that lead to unhappy and unfulfilling interactions with people. During and after reading it, I had some profound realizations and healing. I don't recommend many books, but I recommend this one. And I recommend even fewer universally, but this would be one. It's helping me have deeper, more intimate relationships.

Very powerful book! It helps you understand the difference between a sex, romance and relationship addict. I liked the author's approach and found it to be an easy read. This is also good for someone that is close to someone who might be struggling with intimacy issues

This book is an excellent resource book and has been invaluable to me both personally and as gifts to several people over the years. It unlocks many misperceptions that left to my own devices would have not been understood. I recommend it highly.

This book provides clear guidelines on understanding how these various addictions are separate and yet related. It is well written and incredibly helpful in spotting problem behaviors and identifying the roots of these behaviors.

Most sex addiction recovery books address the way men act out. This book is particularly geared to women and those with more subtle love addictions. Fast read (especially if you see yourself), to the point, and it doesn't pull any punches.

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