

Annotated Reading List

Listed in order of publication

- 1975 Stanton Peele, *Love and Addiction*. The first book written about love addiction. Clinical analysis of love addiction.
- 1982 Howard Halpern, *How to Break Your Addiction to a Person*. The relationship between love addiction and childhood attachment hunger. How to end an addictive relationship.
- 1985 Robin Norwood, *Women Who Love Too Much*. The book that changed all of our lives. Great suggestions about recovery.
- 1987 Brenda Schaeffer, *Is It Love or is It Addiction?* Good discussion of love addiction.
- 1988 Susan Peabody, *Addiction to Love: Overcoming Obsession and Dependency in Relationships*. First book written by a non-therapist who herself was addicted to love. Takes an overview of the problem of love addiction.
- 1988 Stephanie Covington, and Liana Beckett, *Leaving the Enchanted Forest: The Path from Relationship Addiction to Intimacy*. Discusses both the problem of love addiction and what constitutes a healthy relationship.
- 1989 Jed Diamond, *Looking for Love in All the Wrong Places: Overcoming Romantic and Sexual Addictions*. Good book for men. Does not really differentiate between sex addiction and love addiction.
- 1990 Anne Schaef, *Escape from Intimacy: Untangling the Love Addictions: Sex, Romance, Relationships*. Discusses sexual, romance & relationship addictions as separate addictions & shows how each is related; explores how each functions as an attempt to escape intimacy.
- 1991 Forward, Susan, *Obsessive Love: When Passion Holds You Prisoner*. Overview of love addiction. Good explanation of “why” love addicts obsess. Chapter for the “target” of the love addict
- 1992 Pia Mellody, *Facing Love Addiction: Giving Yourself the Power to Change the Way You Love*. Good description of the relationship between the love addict and the avoidance addict (narcissistic love addict).

- 1992 Stephen Aterburn, *Addicted to Love Understanding Dependencies of the Heart Romance, Relationships & Sex*. Examines what love addiction looks like, who it afflicts and what you can do if you suspect that your spouse, friend or family member may be suffering from it; points the way to psychological & spiritual healing. Christian overtones.
- 1999 Joy Miller, *Addictive Relationships Reclaiming Your Boundaries*. Guide for those who believe their relationships are destructive. Learn about the characteristics of addictive & healthy relationships; not just centered around spouses or lovers , but also with children, friends, and parents.

Love Addicts Anonymous does not endorse any of these books. This is simply a list of what is available on the market.