

**Stanton Peele, lise Thompson** 

Getting Unstuck: Breaking Your Habitual Patterns and Encountering Naked Reality Pema Chodron, 2010 <u>Lesbian Love Addiction</u> Lauren D. Costine, 2015-11-05 Everyone makes mistakes in relationships at one time or another Sometimes they learn from those mistakes Other times they return to those behaviors and cycle through failed relationship after failed relationship Sometimes those behaviors become an addiction to love that may leave a person feeling unhappy unfulfilled lonely or worse Lesbian Love Addiction Understanding the Urge to Merge and How to Heal When Things go Wrong makes visible the elements of love addiction that many lesbians suffer from Love addiction for lesbians comes in many forms Some struggle by sexually acting out and others are serial relationship junkies jumping from one relationship into the next Some are addicted to the high of falling in love and once that wears off don t know how to handle the day to day realities of a committed relationship Some are even addicted to fantasy and intrigue while others are love avoidants and sexual anorexics Love avoidants may be able to get into a relationship but once they are fully committed struggle with feeling smothered Others may avoid intimate or sexual relationships all together becoming sexually anorexic Some may even vacillate between all of these The underlying component and common denominator in all of these scenarios is the Urge to Merge Lesbian Love Addiction is designed to help ameliorate at least part of this problem Lauren D Costine offers insight for lesbians bisexual women in relationships with women queer women and more specifically any woman who loves women as well as their family and friends and health care professionals into the psychology of lesbian love addiction It will give those who struggle with and suffer from love addiction ways to understand cope and heal from this debilitating addiction It will give those who work with this population new tools to use to do this more effectively Mostly it will help lesbians understand their relationship failures and how to heal from problems associated with them so they may grow and cultivate happier more fulfilling connections in the future Confronting Religious Judgmentalism Catherine M. Wallace, 2016-05-23 Come to church or go to hell That's religious bullying It's judgmentalism And it's a theological distortion a distortion insisting that shame and self loathing are morally appropriate In Christian humanist tradition God is not some cosmic judge eager to smite all of us for our sinfulness God is compassion We are cherished by God beyond our wildest imagining We are called to radical hospitality not to crass judgmentalism So where does this religious judgmentalism come from It is the heritage of medieval theocracy a violent vindictive God of command and control was far more useful politically than a God of compassion hospitality and forgiveness It comes from literal minded misreading of the story of Adam and Eve and the forbidden fruit a story about shame not disobedience And it comes from political success in exploiting deep seated liabilities in the American soul we spend our lives trying to prove ourselves a hopeless task There s an alternative In the Christian humanist tradition authentic moral judgment is rooted in conscience as a creative process Morality is an art demanding both rigorous consideration of the facts and thoughtful introspection Conscience properly understood and thoughtfully practiced is an

antidote to shame incessant self criticism and chronic self doubt *Recover!* Stanton Peele, Ilse Thompson, 2014-02-04 For decades you ve been told that addiction is an irreversible disease a biological force over which you have no control That defeatist message not only is without scientific foundation but actually prevents your overcoming addiction Now world renowned addiction expert Stanton Peele demystifies addiction and offers a groundbreaking program that puts at your disposal what does work in treatment and recovery For four decades Dr Peele has challenged our understanding of addiction and recovery He has developed approaches that break the cycle of addiction and empower us to take control of our lives including understanding that we are able to direct our own brains to change In Recover Dr Peele's PERFECT Program takes you through the key concepts of mindfulness that is your ability to detach from your addictive experience and to see that it is not who you are combined with the Buddhist idea of loving kindness or self acceptance It's an easily grasped yet multifaceted program that allows your true self to overcome your addictive urges Instead of focusing on what's wrong with you the PERFECT Program will help you discover embrace and build your recovery on what's already right about you Combining the best evidence based treatments with the mindful use of meditation Recover presents a life transforming philosophy for freeing yourself from addiction forever

Getting Unstuck Brian R. Johnson, 1995-04

Getting Unstuck Breaking Your Habitual Patterns And Encountering Naked Reality Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has be apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "Getting Unstuck Breaking Your Habitual Patterns And Encountering Naked Reality," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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# **Getting Unstuck Breaking Your Habitual Patterns And Encountering Naked Reality Introduction**

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