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# LOVE IS A CHOICE

*The Groundbreaking Book on  
Recovery for  
Codependent  
Relationships*

Dr. Robert Hemfelt  
Dr. Frank Minirth  
Dr. Paul Meier

# Love Is A Choice The Definitive On Letting Go Of Unhealthy Relationships

**Natalie Lue**



## **Love Is A Choice The Definitive On Letting Go Of Unhealthy Relationships:**

Love Is a Choice Robert Hemfelt, Frank Minirth, Paul Meier, 2003-02-02 Do you want to reclaim your independence Are you looking for guidance as you learn to set boundaries that actually serve you If you re ready to let go of unhealthy relationships and begin your journey to healing join Drs Frank Minirth Paul Meier and Robert Hemfelt in Love Is a Choice as they walk you through their ten proven steps to recovering from codependency In Love Is a Choice Drs Minirth Meier and Hemfelt combine decades of research with timeless biblical wisdom to show you that the most effective means of overcoming codependent relationships is to establish or deepen your relationship with Christ Himself Love Is a Choice will teach you why God wants us to be independent and why you deserve to have healthier more fulfilling relationships Throughout Love Is a Choice Drs Minirth Meier and Hemfelt will lead you through their method to overcoming codependency once and for all Along the way Love Is a Choice will give you the tools and encouragement you need to Discover the root causes of codependency Surround yourself with a loving supportive community See yourself in a new light Uncover your unmet emotional needs It s time to break the cycle of codependency Let Love Is a Choice be your guide every step of the way

**No More Mr Nice Guy** Robert Glover, 2025-02-04 One of the best books I ve ever read on men s emotional health and development Mark Manson author of The Subtle Art of Not Giving a F ck and Models I have read every self help book out there but this was the first that put everything together in a way that made perfect sense to me Every page of my copy of No More Mr Nice Guy is highlighted in yellow How did you know me so well A Nice Guy according to Dr Robert Glover a pioneering expert on the Nice Guy Syndrome is a man who believes he is not okay just as he is He is convinced that he must become what he thinks others want him to be liked loved and get his needs met He also believes that he must hide anything about himself that might trigger a negative response in others The Nice Guy Syndrome typically begins in infancy and childhood when a young boy inaccurately internalizes emotional messages about himself and the world It is fueled by toxic shame and anxiety Rapid social change in the late 20th century and early 21st century has contributed to a worldwide explosion of men struggling to find happiness love and purpose The paradigm of the Nice Guy Syndrome is driven by three faulty covert contracts Nice Guys believe If I am good then I will be liked and loved If I meet other people s needs without them having to ask then they will meet my needs without me having to ask If I do everything right then I will have a smooth problem free life The inauthentic and chameleon like approach to life causes Nice Guys to often feel frustrated confused and resentful Subsequently these men are often anything but nice Common Nice Guy patterns include giving to get difficulty setting boundaries dishonesty caretaking fixing codependency people pleasing conflict avoidance passive aggressiveness unsatisfying relationships issues with sexuality and compulsive masturbation and pornography use Since the publication of No More Mr Nice Guy in 2003 hundreds of thousands of men worldwide have learned how to release toxic shame soothe their anxiety face their fears connect with men embrace their passion and purpose and experience success in work and career

These men have also learned to set boundaries handle conflict make their needs a priority develop satisfying relationships and experience great sex This process of recovery from the Nice Guy Syndrome allows men to move through Depression Social anxiety and shyness Codependency Low self esteem Loneliness and hopelessness Feelings of failure Lack of confidence and purpose Compulsive behaviors and addictions Feeling stuck in life Contrary to what the title might seem to imply No More Mr Nice Guy does not teach men how to be not nice Dr Glover shows men how to become what he calls Integrated Males Becoming integrated does not mean becoming different or better It means being able to accept all aspects of oneself An integrated male can embrace everything that makes him unique his power his assertiveness his humor his courage and his mission as well as his fears his imperfections his mistakes his rough edges and his dark side If you are ready to get what you want in love sex and life No More Mr Nice Guy will show you how Worry-Free Living Frank B. Minirth,1991-02 The authors address the causes of anxiety and suggest solutions based on medical psychological and biblical perspectives **Kids who Carry Our Pain** Robert Hemfelt,Paul Warren,1990 PSYCHOLOGY POP PSYCHOLOGY *Loving Bravely* Alexandra H. Solomon,2017-02-02 As seen on The TODAY Show A godsend to anyone searching for but struggling to find true love in their lives Kristin Neff PhD author of Self Compassion Empowering and compassionate and its lessons are universal Publishers Weekly Real love starts with you In order to attract a life partner and build a healthy intimate relationship you must first become a good partner to yourself This book offers twenty invaluable lessons that will help you explore and commit to your own emotional and psychological well being so you can be ready resilient and confident in love Many of us enter into romantic relationships full of expectation and hope only to be sorely disappointed by the realization that the partner we ve selected is a flawed human being with their own neuroses history and desires Most relationships end because one or both people haven t done the internal work necessary to develop self awareness and take responsibility for their own experiences We ve all heard You can t love anyone unless you love yourself but amid life s distractions and the myth of perfect romantic love how exactly do you do that In *Loving Bravely* psychologist professor and relationship expert Alexandra H Solomon introduces the idea of relational self awareness encouraging you to explore your personal history to gain an understanding of your own relational patterns as well as your strengths and weaknesses in relationships By doing so you ll learn what relationships actually require beyond the fairytale notions of romance And by maintaining a steady but gentle focus on yourself you ll build the best possible foundation for making a loving connection By understanding your past relationship experiences cultivating a strong sense of self awareness and determining what it is you really want in a romantic partner you ll be ready to find the healthy lasting love your heart desires **I Love You But I Don't Trust You** Mira Kirshenbaum,2012-02-07 A guide to restoring trust in broken relationships from a renowned couple s therapist Is my relationship worth saving Will the trust ever come back How can things be good between us again Whether broken trust is due to daily dishonesties a monumental betrayal or even a history of hurts from the past it can put a relationship at risk This

is the first book to show you exactly what to do to restore trust in your relationship regardless of how it was damaged In this complete guide couples therapist Mira Kirshenbaum will also help you understand the stages by which trust strengthens when the rebuilding process is allowed to take place And you will learn how the two of you can avoid the mistakes that prevent healing and discover how to feel secure with each other again

**Out of Your Mind** Alan Watts, 2017-03-01 In order to come to your senses Alan Watts often said you sometimes need to go out of your mind Perhaps more than any other teacher in the West this celebrated author former Anglican priest and self described spiritual entertainer was responsible for igniting the passion of countless wisdom seekers to the spiritual and philosophical delights of India China and Japan With *Out of Your Mind* you are invited to immerse yourself in six of this legendary thinker s most engaging teachings on how to break through the limits of the rational mind and expand your awareness and appreciation for the great game unfolding all around us Distilled from Alan Watts s pinnacle lectures *Out of Your Mind* brings you an inspiring new resource that captures the true scope of this brilliant teacher in action For those both new and familiar with Watts this book invites us to delve into his favorite pathways out of the trap of conventional awareness including The art of the controlled accident what happens when you stop taking your life so seriously and start enjoying it with complete sincerity How we come to believe the myth of myself that we are skin encapsulated egos separate from the world around us and how to transcend that illusion Why we must fully embrace chaos and the void to find our deepest purpose Unconventional and refreshing insights into the deeper principles of Buddhism Hinduism Western philosophy Christianity and much more

**Coming Apart** Daphne Rose Kingma, 2018-11 Next to the death of a loved one the ending of a relationship is the most painful experience most people will ever go through *Coming Apart* is a first aid kit for getting through the ending It is a tool that will enable you to live through the end of your relationship with your self esteem intact Daphne Rose Kingma the undisputed expert on matters of the heart explores the critical facets of relationship breakdowns Love myths why we are really in relationships The life span of love How to get through the ending How to create a personal workbook for finding resolution Time does a lot to heal our broken hearts but really understanding what transpired in each of our relationships is what allows us to finally let go and move on Replaces ISBN 9781573245470

**Should I Stay or Should I Go?** Lundy Bancroft, JAC Patrissi, 2011-11-01 From the bestselling author of *Why Does He Do That* comes a relationship book that will help you make the decision of whether or not your troubled relationship is worth saving Every relationship has problems but you can t figure out if yours is beyond hope How bad is too bad and can your partner really change Now in this warm supportive and straightforward guide Lundy Bancroft and women s advocate JAC Patrissi offer a way for you to practically and realistically take stock of your relationship and move forward If you re involved in a chronically frustrating or unfulfilling relationship the advice and exercises in this book will help you learn to Tell the difference between a healthy yet difficult relationship and one that is really not working Recognize the signs that your partner has serious problems Stop waiting to see what will happen and make your own growth

the top priority Design a clear plan of action for you and your partner Navigate the waters of a relationship that s improving Prepare for life without your partner even as you keep trying to make life work with them *The Choice Effect* Amalia McGibbon,2011-02 The Choice Effect is for young women who have all the opportunities in the world and no idea how to decide among them It s one thing to have lots of options when it comes to fulfilling careers or traveling the world but what does it mean for our love lives How can you know whether you re with the right person or if the time is right when you haven t vetted the other possibilities With hard won insight plus interviews with a whole host of other women who are living it the twentysomething friends and authors of The Choice Effect explain why their generation is sidestepping traditional timelines They look at the question of choice in the twenty first century as they give voice to their generation s dilemma How do you choose when you ve been taught you can have it all **Obsessive Love** Susan Forward,Craig Buck,2002-01-02 Is it impossible to let go despite the pain Do you yearn for someone who is not physically or emotionally available to you Do you believe that if you love him enough he will have to love you When you feel insecure does it drive you only to want her more Do you find yourself phoning repeatedly or waiting long hours for the phone to ring Do you wish someone would let go of you Does an ex lover or ex spouse refuse to believe that it s over Do you receive unwanted phone calls letters presents or visits Is this pursuit of you creating so much anxiety that it affects your physical or emotional well being In this invaluable self help guide Dr Susan Forward presents vivid case histories as well as the real life voices of men and women caught in the grip of obsessive passion Whether you re an obsessive lover or the target of such an obsession here is a proven step by step program that shows you how to recognize the connection compulsion what causes it and how to break its hold on your life so that you can go on to build healthy lasting and pain free relationships *A Guide to Stoicism* St. George William Joseph Stock, Where to Draw the Line Anne Katherine,2012-09-25 From the acclaimed author of the perennial favorite Boundaries Where to Draw the Line is a practical guide to establishing and maintaining healthy boundaries in many different situations With every encounter we either demonstrate that we ll protect what we value or that we ll give ourselves away Healthy boundaries preserve our integrity Unlike defenses which isolate us from our true selves and from those we love boundaries filter out harm This book provides the tools and insights needed to create boundaries so that we can allow time and energy for the things that matter and helps break down limiting defenses that stunt personal growth Focusing on every facet of daily life from friendships and sexual relationships to dress and appearance to money food and psychotherapy Katherine presents case studies highlighting the ways in which individuals violate their own boundaries or let other people breach them Using real life examples from self sacrificing mothers to obsessive neat freaks she offers specific advice on making choices that balance one s own needs with the needs of others Boundaries are the unseen structures that support healthy productive lives Where to Draw the Line shows readers how to strengthen them and hold them in place every day **Neale Donald Walsch on Relationships** Neale Donald Walsch,1999 We are all involved in relationships Indeed we are all in relationship with

everything and everyone all of the time We have a relationship with ourselves with our family with our environment with our work with each other Everything that we know and experience about ourselves we understand within the context created by our relationships For this reason relationships are sacred all relationships And somewhere within the deepest reaches of our heart and soul we know it That is why we yearn so for relationships and for relationships of meaning It is also no doubt why we have such trouble with them At some level we must be very clear how much is at stake Yet it is possible to have joyful relationships and the extraordinary insights in the Conversations with God books show us how Neale Donald Walsch on Relationships is inspirational humorous and practical Neale examines the patterns that hinder our ability to build and maintain successful relationships teaches us to move beyond restrictive ways of relating and explores different types of relationships with God with self with others demonstrating how they all affect and enhance each other If you want help in understanding relationships here is a usable powerful and entertaining key to opening the door to awareness

**The Rules of Love** Richard Templar, 2013-04-15 Love matters Whether it's the romantic kind or the emotional bond between you and family or friends Indeed latest research suggests that those who love and are loved are significantly more likely to be alive in 10 years time than those without love in their lives Love makes us happy and the happier we are the longer it seems we tend to live So why is it that some people find relationships so easy We all know the kind of person married forever connected with their family and strong friendships that have stood the test of time from all stages of life The people who make friends easily who have someone utterly devoted to them and for whom many would do anything What do they know and do that the rest of us could learn from That's what you'll find in this book If you study people who are so good at relationships you discover it's not about their personality or gender or how self-sacrificing they are Those who are great in all relationships usually do have to work at it The secret is that they know exactly where to put their efforts They know the Rules of Love Now updated and expanded with 10 brand new rules The Rules of Love helps you benefit from the simple principles of forming and sustaining strong enduring and ultimately life-enhancing relationships

**Ask a Manager** Alison Green, 2018-05-01 I'm a HUGE fan of Alison Green's Ask a Manager column This book is even better Robert Sutton author of The No Asshole Rule and The Asshole Survival Guide Ask A Manager is the book I wish I'd had in my desk drawer when I was starting out or even let's be honest fifteen years in Sarah Knight New York Times bestselling author of The Life Changing Magic of Not Giving a F\*ck A witty practical guide to navigating 200 difficult professional conversations Ten years as a workplace advice columnist has taught Alison Green that people avoid awkward conversations in the office because they don't know what to say Thankfully Alison does In this incredibly helpful book she takes on the tough discussions you may need to have during your career You'll learn what to say when colleagues push their work on you then take credit for it you accidentally trash talk someone in an email and hit reply all you're being micromanaged or not being managed at all your boss seems unhappy with your work you got too drunk at the Christmas party With sharp sage advice and candid letters from real life readers Ask a Manager will help

you successfully navigate the stormy seas of office life      *Mr. Unavailable and the Fallback Girl* Natalie Lue,2011 Are you the Fallback Girl If you ve ever found yourself in a relationship that feels and seemingly looks like one but you re struggling with commitment or you ve been in the ambiguous territory of a casual relationship you ve likely tried to change them wondered what you did to cause this what you can do to win their love and commitment or even whether you re going crazy Mr Unavailable and the Fallback Girl is the definitive guide to understanding the relationship between emotionally unavailable men and the women that love them From explaining how and why they blow hot and cold to where that future they promised went to how you ve ended up being a booty call why you ve been together for a gazillion years but aren t going anywhere and more importantly how and why you re involved with them in the first place all of the answers are here You know you re dealing with unavailability when you ask stuff like What happened to that great guy from the beginning Why won t he break up or stay away if he doesn t want to commit What the hell did I do to make him disappear Is he going to leave her for me It s because he s shy busy scared of his feelings isn t it Inspired by the real life adventures in unavailability of Natalie Lue and the readers of her site [BaggageReclaim.com](http://BaggageReclaim.com) Mr Unavailable and the Fallback Girl is an empowering entertaining and inspiring read that will wise you up to pitfalls such as men who aren t over their exes Future Fakers guys that have more baggage than a Heathrow terminal and reappearing childhood sweethearts If you want to understand your own availability and why commitment in a healthy relationship is eluding you Mr Unavailable and the Fallback Girl is your guide to being available and attracted to healthy available partners Note the book is in British English not US English      **A Beautiful Kind of Love** Ellie Wade,2015      **Crazymakers** Paul Meier,Robert Wise,2003-11-17 Living with insensitive tactless careless inattentive difficult self absorbed neglectful damaging condemning harsh hard treacherous deceiving prejudiced and paralyzing people can make you crazy Chances are there s at least one person like that in your life right now a person who is always right Behavior ranges from indifference and unconcern to complete narcissism and destruction Dr Paul Meier and Dr Robert Wise created this important text to assist you in recognizing this behavior and dealing with it Their most important message It s not you It s them The doctors insight will help you understand how narcissistic people think and how they affect those around them Finally they offer Seven Steps to help you walk out of a crisis with someone like this



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