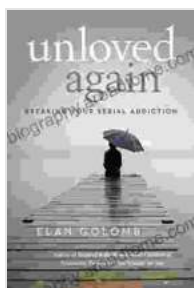


# Break Free from the Cycle of Serial Addiction with "Unloved Again"

Do you feel trapped in a never-ending cycle of unhealthy relationships? Do you find yourself drawn to partners who are emotionally unavailable, narcissistic, or abusive? If so, you may be struggling with serial addiction.

Serial addiction is a pattern of forming intense, but often dysfunctional, relationships with multiple partners. People with this condition often have a history of childhood trauma or neglect, which can lead them to seek love and validation from others in unhealthy ways.

In her groundbreaking book, "Unloved Again: Breaking Your Serial Addiction," therapist Marni Battista provides a roadmap for overcoming this debilitating condition. With compassion and insight, Battista offers practical tools and strategies to help you:



## Unloved Again: Breaking Your Serial Addiction

by Elan Golomb

★★★★☆ 4.6 out of 5

Language : English

File size : 578 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 226 pages

FREE

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- Recognize the signs and symptoms of serial addiction
- Understand the underlying causes of your behavior
- Break the cycle of dysfunctional relationships
- Build healthy and fulfilling relationships

## **Chapter 1: The Cycle of Serial Addiction**

In the first chapter, Battista explains the key characteristics of serial addiction. She discusses the different types of dysfunctional relationships that people with this condition often find themselves in, as well as the underlying psychological factors that contribute to their addictive behavior.

## **Chapter 2: The Roots of Unlove**

In chapter two, Battista explores the childhood experiences that can lead to serial addiction. She discusses the role of trauma, neglect, and attachment disorders in shaping our relationship patterns. By understanding the roots of our unlove, we can begin to heal the wounds that drive our addictive behavior.

## **Chapter 3: Breaking the Cycle**

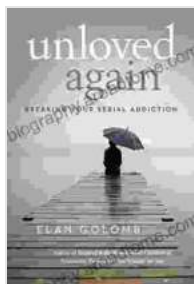
In this chapter, Battista provides practical tools and strategies for breaking the cycle of serial addiction. She discusses the importance of setting boundaries, learning to self-soothe, and developing healthy coping mechanisms. She also offers guidance on how to find support and resources to help you on your journey.

## **Chapter 4: Building Healthy Relationships**

In the final chapter, Battista focuses on building healthy and fulfilling relationships. She discusses the importance of choosing compatible partners, communicating effectively, and resolving conflict in a healthy way. She also offers tips on how to create a secure and supportive relationship that can help you heal from the wounds of your past.

"Unloved Again" is an essential guide for anyone who is struggling with serial addiction. With compassion, insight, and practical advice, Marni Battista provides a roadmap for breaking the cycle of dysfunctional relationships and building healthy and fulfilling partnerships.

If you are ready to break free from the pain of serial addiction, this book is for you. Free Download your copy today and start your journey to recovery.



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