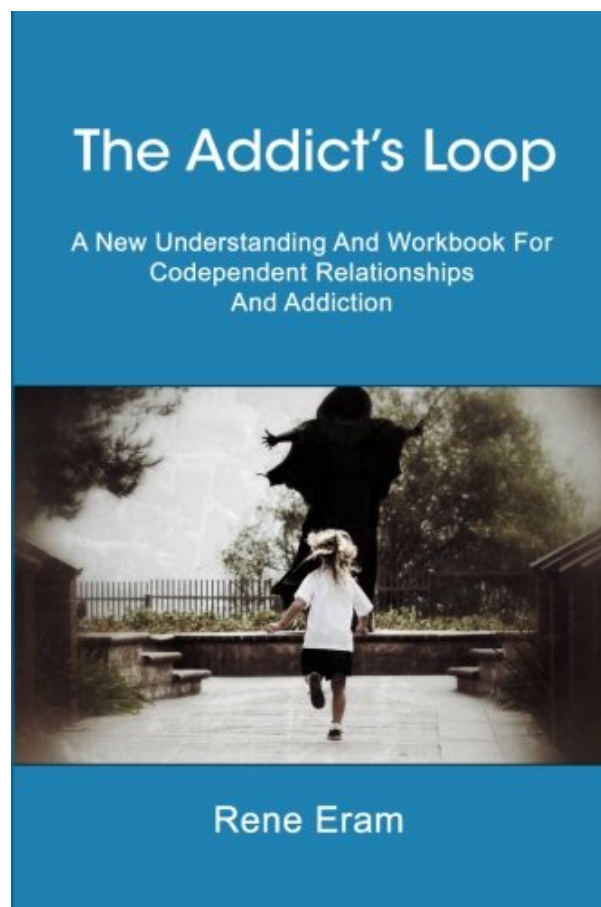


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# The Addict's Loop

A New Understanding And Workbook For  
Codependent Relationships  
And Addiction



Rene Eram

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## About the Author

Rene Eram is a writer and film maker who has focused the past 15 years researching the root causes of addiction and codependence. His personal quest(including 26 years of sobriety & counselor training)has led to the development of a new and easy to understand model of addiction and codependence patterns. Rene has taught his addiction and codependence model and solutions, in a series of original workshops in recovery environments. His hope and goal is to help alleviate the disconnection and suffering caused by insidious, codependent relationships and explain how unconscious codependence creates addiction.

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What is codependence, really? What creates addiction? Why am I attracted to the same codependent relationships over and over again? Why can't I stay sober? Why do I keep hurting or getting hurt by the people I love? How do my relationships affect my addiction? These questions and many more are answered in *The Addict's Loop*. *The Addict's Loop* uncovers and describes a new model for understanding codependent relationships and how they can create and fuel addiction. It is also a workbook with 9 steps toward recovery. There are examples, tools, writing exercises and solutions that heal codependent relationships and counter condition addiction patterns.

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Feeling hopeless or frustrated in relationships?

By Ish Kabibble

If you are in any kind of recovery process or in a relationship of any kind, troubled or not; this book may provide insights you never thought of. Alcoholism, substance and process addictions, are a leading health issue for most of the world. This book pulls back the covers on these topics to reveal an unconscious driving force fueling these pernicious maladies. It reveals mental and emotional patterns, processes, and characteristics programed in early childhood and young adulthood, long before any symptoms of substance abuse arise. Making known these patterns through self-awareness and identification and some personal family history detective work can enable me to take proactive steps in here and now relationship communications and crises. This book is about identifying both controlling patterns and dependent tendencies at unhealthy levels and taking the necessary actions through support and connection with one's innermost strengths. It is not about a quick fix to these problems but a plan of action that through group and

personal effort one can attain and maintain a life of relationships in health, love, and honesty. This book is about self-care at the deepest level; as Rene puts it, "my core integrity and root honesty". You'll never look at codependency, addiction, or relationships the same again.

3 of 3 people found the following review helpful.

Choose the not so good partner? " This book will answer that for ...

By Amazon Customer

If you continue to ask yourself, "Why do I continue to choose the way I do, Make the same mistakes, Choose the not so good partner?" This book will answer that for you. Mr. Eram has addressed and made it simple as to why and given you step on how to change the thought process. By no means is this a simple task, nor for the faint, the support you receive outside of this book is phenomenal. It is easy to know how to try to change things, it is another when you can truly name why it is we choose to do what we do and then attempt to change ourselves. This has given a whole new insight to understanding addiction, and that is not only to cover alcohol, drugs, eating disorders, depression, or any other compulsion that we generate to save ourself. This book is full of hidden answers that others dare not bring out or express. Thank you for braving this journey Mr. Eram and continued success.

3 of 3 people found the following review helpful.

An Eye Opener

By Lill

The Addict's Loop showed me a clarity that I've never experienced before. How to rise above the muddled feelings and see it clearly. Showed me what to look for, what to stay away from and how to rise above it. Instead of getting sucked into these crazy scenarios, I have more understanding of what is really going on. I am already feeling better about my future with this book guiding my way. I've been on this loop for way too long.

My favorite part is that the addict rotates.What a revelation! Geez-I've SEEN myself do it. Couldn't stop it. So I just got out of the relationship thing...just gave up. I'm so excited to try a new relationship and apply these principles! There's hope! Maybe I CAN have a love life without all the drama!

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