



Love Addict: Sex, Romance, and Other Dangerous Drugs

Ethlie Ann Vare

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Giddy euphoria, an elevated heart rate, clammy hands, increased blood pressure, facial flushing, dilated pupils . . . these are the physical effects of 'falling in love' or being sexually aroused. These tell-tale signs of attraction are, in reality, caused by a cascade of electrical and chemical reactions in the reward centers of the brain, a reaction that also significantly increases feelings of well-being. Who wouldn't want to feel this way all the time? In fact, it would seem that love and sex (or their chemical components) are great drugs, and relatively safe too. But what happens when those euphoric feelings wane or someone calls it quits or the feelings are unrequited? Most people would move on; the same way most casual users of a drug such as cocaine or a behavior such as gambling don't become addicts.

But a lot of people simply can't move on, and many of them have been struggling to understand why they have no control over their urges to call, text, email, stalk, manipulate, pursue, fantasize, or beg another for their love or a chance to be physical. *This* is love and sex addiction. These are the people who, despite remarkable accomplishments in the world, always feels like they're clutching at someone's ankle and being dragged across the floor. They want answers. They want to end the pain. They want to recover.

Ethlie Ann Vare has been successful in her own recovery and is now in a position to help others in her own unique way to recognize and overcome this often debilitating disease. Not your run-of-the-mill clinical book on addiction, *Love Addict* approaches the topic from the lighter side, with a solid historical recap, a witty perspective, and celebrity commentary. It gives love and sex addicts a chance to face the addiction in a nonthreatening manner and start the process of recovery.

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