



Reaching For Wholeness

Alice Finnamore

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Do you have a relationship addiction? Are you in a co-dependent relationship that is emotionally destructive, or even abusive? Do you keep getting into the same unhappy relationship over and over, with one partner after another? Lovers want to spend every minute together, and ache for each other when they are apart. They believe the ache means they are in love. But all too often, what they thought was love was an addiction to the good feelings of togetherness. When their connection ends, they float off, angry and hurt, in search of yet another relationship. Reaching for Wholeness leads you on a quest to find a lasting relationship with yourself, and personal wholeness that can change every relationship in your life. Finnamore addresses behaviour patterns such as anger, fear, people-pleasing, and difficulty recognizing feelings, as well as assertiveness, burnout, self-acceptance, and the struggles of relationships.

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