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The love trap breaking free from love addiction

By Annie Bennett

Foreword by Kip Flock, Clinical Director of the John Bradshaw Center

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'Hello, this is the ambassador of Belgium speaking, how can I help?'

'Hello, my name is Alice Brooks and I am the fiancée of Charles Bertrand. I am sorry to tell you that Charles passed away in the early hours of this morning.'

'Who is Charles?' he said.

'Charles Bertrand.' I thought he perhaps hadn't heard me the first time.

'I am sorry. I do not know a Charles Bertrand. I am sorry to hear of your loss. Is there anything I can do?'

'Oh, no, I'm sorry to trouble you. You don't know Charles?' I had to check it.

'No. Is he Belgian?' He enquired.

'Yes, he was. I'm sorry to trouble you. Goodbye.' I hung up the phone.

It was then that my tragedy turned into a nightmare. Charles had told me he was a close friend of the Belgian Ambassador...

Thus begins the harrowing tale at the heart of this important book. The author tells her personal story of the consequences of love addiction, the events that led up to the revelation that her lover was someone quite different from the person she had wilfully believed him to be and her painful journey to understanding the addictive cycle she was in.

This story, which will be recognized by so many others who are locked in the same painful cycle of behaviour, forms the basis for the author's guide to understanding what love addiction is and how to end it.

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Annie Bennett is a Counsellor therapist with a private counselling therapy practice in Central London. She has been working in the field of psychotherapy and counselling since 1994, when she trained and worked for Cruse Bereavement Care in North Surrey, England. She later trained for Surrey Alcohol and Drug Misuse and continued to work with them until spending time as a visiting therapist in the United States at The Meadows, Phoenix, Arizona, one of the world's leading treatment centres for addiction.

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