



Leaving the Enchanted Forest: The Path from Relationship Addiction to

Stephanie S. Covington

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This is a clear, practical guide for anyone interested in developing healthy relationships. In addition to discussing the roles and impacts of family and society on relationships, *Leaving the Enchanted Forest* provides ten stepping-stones to intimacy (e.g., values, communication, boundaries, and quality time). Using richly detailed examples, suggestions, and exercises for self-exploration, this book offers real solutions for the healing of relationships.

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