



Loving Someone in Recovery: The Answers You Need When Your Partner Is Recovering from Addiction (The New Harbinger Loving Someone Series)

Beverly Berg MFT PhD

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Recovering addicts are faced with many challenges, and these challenges can often extend to their romantic partners. During the recovery period, couples often struggle with overcoming feelings of betrayal and frustration, and may have a hard time rebuilding trust and closeness. While there are many resources available to recovering addicts, there are limited resources for the people who love them.

In *Loving Someone in Recovery*, therapist Beverly Berg offers powerful tools for the partners of recovering addicts. Based in mindfulness, attachment theory, and neurobiology, this book will help readers sustain emotional stability in their relationships, increase effective communication, establish boundaries, and take real steps toward reigniting intimacy.

The material in this book is drawn from the author's successful Conscious Couples Recovery Workshop. With more than 25 years in the field, she has developed a unique set of exercises that address the issues faced by couples in recovery. This book addresses the roles that both partners play in recovery, and aims to help readers develop a new appreciation for one another and improve self-confidence and acceptance.

The road to recovery is never an easy one, but by building a strong support system, the chances of success are exponentially greater. For more information on Berg's work, visit consciouscouplesrecovery.com

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