



# Obsessive Love: When It Hurts Too Much to Let Go

*Susan Forward , Craig Faustus Buck*

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**Is it impossible to let go — despite the pain?**

- Do you yearn for someone who is not physically or emotionally available to you?
- Do you believe that if you love him enough he will have to love you?
- When you feel insecure, does it drive you only to want her more?
- Do you find yourself phoning repeatedly or waiting long hours for the phone to ring?

**Do you wish someone would let go of you?**

- Does an ex-lover or ex-spouse refuse to believe that it's over?
- Do you receive unwanted phone calls, letters, presents, or visits?
- Is this pursuit of you creating so much anxiety that it affects your physical or emotional well-being?

In this invaluable self-help guide, Dr. Susan Forward presents vivid case histories as well as the real-life voices of men and women caught in the grip of obsessive passion.

Whether you're an obsessive lover or the target of such an obsession, here is a proven, step-by-step program that shows you how to recognize the "connection compulsion," what causes it, and how to break its hold on your life so that you can go on to build healthy, lasting, and pain-free relationships.

## Obsessive Love: When It Hurts Too Much to Let Go Details

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## **From Reader Review Obsessive Love: When It Hurts Too Much to Let Go for online ebook**

### **Kelly Renee says**

Very interesting!

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### **Helen says**

A well-written, easy-to-read self-help volume that explains the reasons why some people may tenaciously cling to lovers, driving them away, or refuse to accept that a relationship has ended, and so forth. The reason usually stems from an absent parent, and the unresolved issues years later surface in a person seeking out someone they consider The One Magic Person who will solve all their problems, and somehow even make the problem of the past, better. The pattern is based on the loss of the parent's love and the need to find it later in life. The quest does not make for healthy relationships. The important thing is to think and not act impulsively, to label obsessive love as obsessive, to not get totally invested in a relationship, to not be crushed if a relationship ends. It only took me a few days to read this book and it seemed to explain quite a few things that had mystified me my entire life, such as unresolved issues with anger and sadness as they pertained to my late parents.

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### **Steve says**

I was 'given' this book by a woman who said that it helped her through a very hard time of her life. I read it and found out that I had been on both sides of the equation: obsessive lover and target of an obsessive lover. This is a very important subject, as obsessive love is often confused for true love. Susan analyses the various problems and offers a therapy for those afflicted. Therapists can use this book, especially to avoid violence in relationships.

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### **KOMET says**

This is a very insightful and fascinating book. It is replete with case histories of men and women the author has treated over time in her practice for having obsessive passions for people in their lives. Whether these were romantic relationships or a matter of an unrequited love, "OBSESSIVE LOVE" serves as a guide to help people either caught up in unhealthy relationships or unable to break away from harboring debilitating attachments to someone uninterested in them. In the process, the reader learns "how to recognize the 'connection compulsion,' what causes it, and how to break its hold on your life so that you can go on to build healthy, lasting, and pain-free relationships."

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## **Elif says**

I love reading Susan Forward's books. They capture me as absorbing fictions. Only better since the stories are real. She is not just an ordinary therapist but a gifted person who is really good at writing and telling stories. She organizes her books to distinguish and explain certain behavior, consequences, feelings, sources of such feelings in childhood and solutions. This categorization is also a part of the kind of therapy she exemplifies. Throughout the book, she lets you follow the progress of patients as she helps them to differentiate between their so-called 'uncontrollable' behavior, feelings and childhood pain. It is such a pleasure to read the stories of troubled people, who finally find peace and take their lives back. That's also a relief for their targets. This one is an easy and interesting read for everyone. Strongly recommend for obsessive lovers and their targets.

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## **Sviatoslav says**

This book wasn't the first psychological self-help book that I've read throughout the years, but the first one to be found on purpose. I had been the target of obsessive lover with my last relationship, however I had no idea that I had been dealing with obsessiveness.

As a child, I had dysfunctional family, therefore I'm still having a hard time picturing the way true love and intimacy should look and feel like. Probably that is the reason why I have recreated the same dysfunctional relationship with another person by using behavioral patterns I was familiar with. I was encouraging obsessive behavior by trying to fulfill other's person neediness, and if I failed to do so - felt guilty about it. This is the main reason hid behind the scenes, which led to unsatisfying relationship and break up.

My story of a failed relationship shows what the book is all about - revealing the reasons behind obsessive behavior and trying to find a way to fix things up. I'd say that the book does way better job with revealing the demons, than teaching how to fight them. But once you've got the knowledge, it's only a matter of choosing a weapon.

Anyway, I highly recommend this book. I wish I had read it before.

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## **Linda says**

I read this and a couple other psychology books on stalking when a crazy/obsessive acquaintance would not abandon pursuit of me. It gave me great insight into what in blazes was going on with this person, and it sure validated a lot of my feelings as I made the case that this person was crazy, that the whole of the allegedly innocent actions was greater than the sum of its parts. Susan Forward has a clear, intelligent, accessible writing style, and she is smart. I always keep her in mind when thinking about psychological books and issues.

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## **Bridgett says**

I related to this book very well and for years have been entangled in a situation the book describes. The

person I was involved with was very dishonest and a narcissist and took advantage of me. In some instances, despite being the "obsessor" the person I was with had worse problems, but various problems of the "target" were discussed.

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### **Josh Einstein says**

It's me. :(

This book is an eye opening self-evaluation that, if it's doing its job correctly, will make you feel uncomfortable and defensive.

The fact is, Obsessive Love has given me a new perspective on what I always thought was a passionate, once-in-a-lifetime love, and helped me to see that it was probably only that to me, in my head. I didn't even need to do the journaling exercises because as luck would have it, I recently published a 400 page memoir about that 18-month affair.

In a way, I feel embarrassed by it now. Because even when the relationship was over, I looked back on it with nostalgia and saudade, pouring every emotion into the pages.

But I guess at the same time, doing so has freed me to let it go and see it for what it really was. The fantasy is now out of my head and on paper, and the reality is that I was probably nothing more than an obsessed clinger, ignoring the giant signs of disinterest she was trying to get me to see.

The book described my behavior very accurately. While our relationship never became physically abusive, it did become emotionally toxic. I still don't understand the "why" of how I got this way, but I recognize the "what". And that alone will go a long way towards the "how" to make sure I never allow myself to become that ever again.

Thank you for the brutal honesty.

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### **Ibtisam Amin says**

it gets distracted at the middle and focuses on the targets rather than the lovers. this was disturbing. But overall a good and helpful book with creative techniques.

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### **Andrew Pomeroy says**

Someone very close to me, who had to leave gave me this book when I was deep in love the last time. Now Gone from this Earth, and me, needing advice, I crack it open to see what is inside of my life. To cure what I always seem to think is a reality. Before that reality drives me down a lane, and into a ravine all by myself.

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### **Mariana Lectora says**

Que buen libro! Sé que a muchos no les gusta esto de la "autoayuda" pero este es muy recomendable si estás obsesionad@ con lo que crees es el amor. Te ubica muy facilmente en si eres un amante obsesivo o si eres el blanco de otra persona, explica los orígenes de las obsesiones y cómo hacemos muchos castillos en el aire pensando en que esa es nuestra "persona mágica" que curará mis carencias amorosas infantiles. Me ha servido mucho tanto personal como en mi profesión. Altamente recomendable y vale la pena que lo leas aunque no tengas pareja.

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### **Desiree Garcia says**

Obsessive Love by Susan Forward is an extremely interesting book. I thought that because I haven't experienced true love quite yet, this book wouldn't spark my interest. However, I gave it a go and ended up loving it! This book is about several stories in which people experienced this form of 'obsessive love.' Some individuals couldn't get enough of their partner and began to become a little too attached, while others felt as if they could never escape their partner. Susan Forward made wonderful points as to why people do what they do and feel how they feel. When people are in love, they can change completely; some for good, others for the worst. I cannot pick a favorite story because each and every one is equally significant but I do have to say that I never thought things like this happened in real life. It surely did open my eyes. I always knew that people could get incredibly attached and want to know what their lover is doing at every second of the day. Although in this book, everything is taken up several notches. People often react the way they do due to the way they're treated as well as their mindset. This book was extremely enjoyable for me to read as it was a huge wakeup call that there are people out there like that, and its not always your fault. I've never read a book that mentally changed me as much as this one did.

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### **Nasser Al-mrikhy says**

This book is one of the best books I ever read. I highly recommend this book for every one.

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### **Tash says**

a real eye opener :(

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