



Don't Call It Love: Breaking the Cycle of Relationship Dependency

Dr. Gregory L. Jantz, Dr. Tim Clinton, Ann McMurray

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"You complete me" may be a romantic line in a popular movie, but it's not a healthy basis for a real relationship. Unfortunately, many people are drawn into relationships that are unfulfilling precisely because they are looking to other people to fill in the places where *they* are lacking--they are looking for a person who will "complete" them. At the heart of relationship dependency is a person's belief that he or she alone is not enough. But using others to provide wholeness simply does not work, because while we are made to be relationship dependent, it is God we must turn to in order to find wholeness.

In a warm, engaging style, Drs. Jantz and Clinton walk readers through patterns of relationship dependency, helping them unravel why they are drawn back to the same dry well of unfulfilled relationships over and over again. Readers will discover how to break the cycle, banish their fears, and find wholeness in the God who designed them to be in relationship first and foremost with him, thus freeing them to find healthy relationships with others. Includes a twelve-week personal recovery plan.

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