



# Love Is a Choice Workbook

*Robert Hemfelt, Frank Minirth, Paul Meier, Brian Newman, Deborah Newman*

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*Love Is a Choice Workbook* provides a ten-stage plan to help you find healing from the pain that created your codependency and then guides you through the plan using interactive questions, self-tests, exercises, and journaling. This workbook helps you to step back and examine your life and then effectively deal with your codependency at your own pace. It can be used independently, or with *Love Is a Choice*, to help you break the cycle of codependency and be free to make new choices-free to choose love.

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