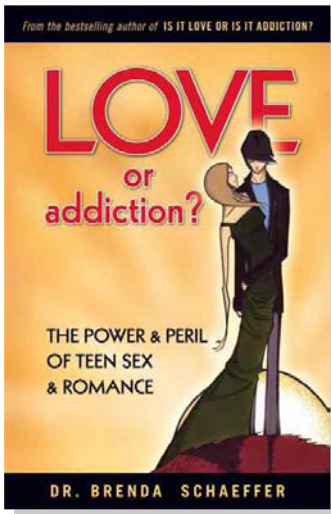




# TIP SHEET: Love or Addiction?



**Love or Addiction?**  
**The Power & Peril of Teen Sex & Romance**  
Dr. Brenda Schaeffer

ISBN 1-931945-52-7

**\$19.95 US includes CD**

**PSYCHOLOGY/FAMILY & RELATIONSHIPS/SELF-HELP**

Paperback • 6 x 9 • 284 pp

Distributed through Baker & Taylor, Partners,  
and

New Leaf Distributing Company

**OCTOBER 2006**

*“Brenda Schaeffer is one of those gifted relationship writers who knows how to tell stories that motivate a person to stop and think. This book will be an eye-opener for anyone, whether a teen or adult, who wants to understand how the gifts of sex, love, and romance can be turned into the drug of choice.”*

—Jennifer M. Schneider, M.D., Ph.D., Author of *Untangling the Web* and *Back From Betrayal*

*“We are thrilled Dr. Schaeffer, one of our clinical consultants, is taking her popular theme, *Is It Addiction?* to another crucial audience: teens, young adults, and those who care about them. If we can help at this stage we can avert severe and painful consequences later in life. I place it as compulsory reading for those who work with adolescents.”*

—Don Serratt, CEO, Life Works, England

In this groundbreaking work **Dr. Brenda Schaeffer**, best-selling author of *Is It Love or Is It Addiction?*, explains how teens are more psychologically open than at any other time to impressions of love, romance, and sex. ***Love or Addiction?*** Includes everything that you need to know about the power—and the peril—of teen relationships.

#### Features down-to-earth information and powerful tools, such as:

- **Real advice:** Practical, not preachy, advice for teens aged 15-22 and those who care about them
- **Real quizzes:** Tests to help you determine unhealthy relationships and what you can do to change
- **Real answers:** What to do, where to turn, and how to create healthy relationships
- **Real stories:** Learn from the experiences of other teens with stories interwoven throughout the book
- **Bonus CD:** Music from Moodfood's Ice, and stories from teens—in their own voices

#### Selling points:

- The only book available that addresses dependency, romance, and the warning signs of sexual addiction written specifically for the teen audience
- Established author with successful sales history (over 500,000 copies in print)
- Credentialed and media-savvy author with expertise in subject area
- Bestseller list marketing & publicity campaign, with national print and broadcast placements
- \$36,000 marketing budget

Dr. Brenda Schaeffer, D.MIn, M.A.L.P., certified addictions specialist and best selling author. With over 500,000 copies sold, she has helped countless people find their way from the trials and confusions of addictive love to the fulfillment of whole and healthy relationships. She has been featured on a variety of national broadcast programs, such as Fox' The O'Reilly Factor, and in publications such as the Washington Post and Fitness Magazine. She is the founder of Healthy Relationships, a Minneapolis-based practice where she conducts therapy, training and workshops.

For more information on her work, visit [www.brendaschaeffer.com](http://www.brendaschaeffer.com)

**Contact information:** Please contact Heidi at [media@itsallaboutlove.com](mailto:media@itsallaboutlove.com) or call 952.944.4046