



# Love or Addiction? The Power & Peril of Teen Sex & Romance

*Brenda Schaeffer*

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

Best selling author and psychologist Dr. Brenda Schaeffer (Is It Love or Is It Addiction, Love's Way) brings you a groundbreaking book that examines teen love, sex and romance and shows teens and parents how to create healthy relationships through true stories, quizzes, and practical advice. Love or Addiction explains how teens are more psychologically open than at any other time to impressions of love, romance and sex, and includes everything that a person needs to know about the power--and the peril--of teen relationships.

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

- Real advice: Practical advice for 15-22 year-olds and those who care about them
- Real quizzes: Tests to identify unhealthy dependency on sex, love and romance
- Real answers: What to do, where to turn, and how to create healthy relationships
- Real Stories: Learn from teens whose stories are interwoven throughout the book
- Bonus CD: Music from MoodFood's ICE and stories from teens – in their own voices

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