

Author Information

Brenda Schaeffer, M.A.L.P., C.A.S., D.Min, is a Licensed Psychologist, Certified Addictions Specialist. With over 600,000 copies of all her publications sold, she is the best-selling author of *Is It Love or Is It Addiction?*, *Love or Addiction? The Power and Peril of Teen Sex and Romance*, *Love's Way*, *Loving Me*, *Loving You*, *Signs of Healthy Love*, *Signs of Addictive Love*, *Power Plays*, *Power Sharing and Addictive Love*, *Help Yourself Out*. Dr. Schaeffer is a national and international lecturer and workshop presenter having been a featured speaker in countries such as Iceland, Chile, and the UK.

Her extensive media experience includes hundreds of television, radio print, and on-line interviews in various markets. She believes that painful life events are wake-up calls of some kind to a larger truth. Her style is direct and passionate. She has trained with experts in developmental, existential, transpersonal, Transactional Analysis, Gestalt, sexual addiction, hypnosis, and trauma, such as Alexander Lowen, Milton Erickson, Helen Palmer, Matthew Fox, and Patrick Carnes.

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