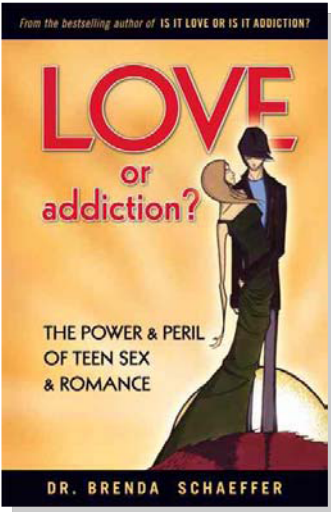




# PRESS RELEASE



**New title helps teens determine whether it's healthy love—or if it's an addiction**

## FOR IMMEDIATE RELEASE

(Minneapolis, Minnesota)—Biology, psychology, technology, culture and peer relationships all contribute to the power that sex, love, and romance hold over the developing adolescent. Consider these confusing messages that teens encounter each day: self-esteem is measured by your popularity, and who has “got your back”; media romanticizes promiscuity and sexual activity; rejecting sex can make you an outsider, and IM sex chats, “friends with benefits,” and “hooking up” are in. Is it any wonder that adolescents are confused or conflicted when it comes to love relationships?

It was Brenda Schaeffer's work with teens that made her aware of the urgent need to guide them in their quest for healthy relationships, and resulted in the October 2006 release **Love or Addiction? The Power & Peril of Teen Sex & Romance** (Expert Publishing). Now more than ever, she believes that what parents and teens do not know will hurt them, and that sex, love, and romance can become a means to self-medicate many ills—and in the process become an addiction.

“To my dismay, the youngest client I referred for inpatient treatment for sexual addiction was fifteen years of age,” Schaeffer writes, “And, in listening to the stories of romantically and sexually troubled adult clients, I realized that not one of them knew what healthy love and sexuality were. For more, the confusion started with ill-defined information or experience in their teens or early twenties.”

**Love or Addiction?** features practical, and not preachy, advice for teens aged 15-22 and those who care about them. Quizzes help teens determine the health of their relationships, and vignettes from real-life teens are interspersed throughout. A bonus CD includes music from the MoodFood release ICE with stories from teens in their own voices.

Brenda Schaeffer, D.Min, M.A.L.P., C.A.S., certified addictions specialist and bestselling 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 is regularly sought-out for commentary on national broadcast programs, magazines and newspapers. 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)

Love or Addiction? The Power & Peril of Teen Sex & Romance (October 2006, Expert Publishing; ISBN 1-931945-52-7) is available from Amazon.com and all good booksellers.

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