



Why We Stay Stuck

Tom Joseph

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Destructive relationships ... vicious cycles of codependent family members ... living with secret shame ... choosing the wrong mate ... unhealthy sexual attractions ... the heartbreak of trying to force someone we love to love us in return. These are just a few of the issues that so many of us seem to wrestle with again and again. But why? Tom Joseph knows. As a licensed clinical pastoral counselor and host of his own radio call-in talk show, he has heard it all from the perfectionist father addicted to pornography to the lottery winner forced to declare bankruptcy. He shares these riveting stories and many, many more in **Why We Stay Stuck**. His unflinching, no-nonsense approach to identifying the root of a problem is followed by down-to-earth advice for getting out of relational quagmires. While there is certainly no secret to successful relationships, he believes there are clear reasons why we stay stuck in poor relationships.

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Cornelius Ryerson:

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