



Insatiable: A Memoir of Love Addiction

Shary Hauer

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In her professional life, Shary Hauer was a confident, successful, high-caliber executive coach who advised big-time corporate leaders around the globe—but her personal life was an entirely different matter. When it came to love, she was insecure, clingy, desperate, willing to do anything and everything to win and keep a man. Because without a man by her side, what good was she?

In *Insatiable*, Hauer fearlessly chronicles her emotional journey from despair to hope, rejection to redemption, and self-hate to self-love, one man at a time. In candid detail, she relates what it is like to be trapped in the torturous cycle of love addiction—what it's like to be forever searching, needing, obsessing, scheming, and agonizing for love, suffering from a hunger that never ceases—and what it takes to break free of that cycle. An intimate, soul-baring tale that sheds much-needed light on one of the least understood and talked about addictions, *Insatiable* is the story of one woman's journey through the hellish, the humiliating, and the humbling in her single-minded pursuit of the most addictive drug of all: love.

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