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Motivation is the reason for people's actions, willingness and goals. Motivation is derived from the word motive in the English language which is defined as a need that requires satisfaction. These needs could also be wants or desires that are acquired through influence of culture, society, lifestyle, etc. or generally innate. Motivation is one's direction to behaviour, or what causes a person ...More than 4,500 ebooks and many book collections, including archive collections of critical historical material, as well as publisher and topical collections. Psychotherapy is the use of psychological methods, particularly when based on regular personal interaction, to help a person change behavior and overcome problems in desired ways. Psychotherapy aims to improve an individual's well-being and mental health, to resolve or mitigate troublesome behaviors, beliefs, compulsions, thoughts, or emotions, and to improve relationships and social skills. #SLAA Online Group is part of a 12-Step, 12-Tradition recovery fellowship. We recover from sex and/or love addiction or avoidance/anorexia by sharing experience, strength, and hope using online chat.