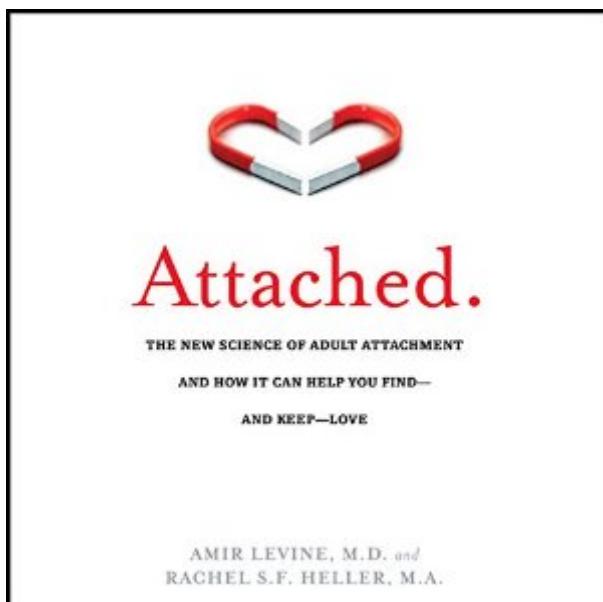


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# Attached: The New Science Of Adult Attachment And How It Can Help You Find - And Keep - Love



## Synopsis

Is there a science to love? In this groundbreaking audiobook, psychiatrist and neuroscientist Amir Levine and psychologist Rachel S. F. Heller reveal how an understanding of attachment theory - the most advanced relationship science in existence today - can help us find and sustain love. Attachment theory forms the basis for many best-selling books on the parent/child relationship, but there has yet to be an accessible guide to what this fascinating science has to tell us about adult romantic relationships - until now. Attachment theory owes its inception to British psychologist and psychoanalyst John Bowlby, who in the 1950s examined the tremendous impact that our early relationships with our parents or caregivers has on the people we become. Also central to attachment theory is the discovery that our need to be in a close relationship with one or more individuals is embedded in our genes. In *Attached*, Levine and Heller trace how these evolutionary influences continue to shape who we are in our relationships today. According to attachment theory, every person behaves in relationships in one of three distinct ways: "anxious" people are often preoccupied with their relationships and tend to worry about their partner's ability to love them back. "Avoidant" people equate intimacy with a loss of independence and constantly try to minimize closeness. "Secure" people feel comfortable with intimacy and are usually warm and loving. *Attached* guides listeners in determining what attachment style they and their mate (or potential mates) follow. It also offers a wealth of advice on how to navigate relationships more wisely, given a listener's attachment style and that of his or her partner. An insightful look at the science behind love, *Attached* offers a road map for building stronger, more fulfilling connections.

## Book Information

Audible Audio Edition

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## Customer Reviews

This is an excellent book for those dating and looking for love and those already in a relationship that is not working and they wonder why not. The authors do a great job explaining attachment theory not only from a scientific perspective but also from a real world perspective with examples. People basically have one of three attachment styles: Anxious people are often preoccupied with their relationships and tend to worry about their partner's ability to love them back. Avoidant people equate intimacy with a loss of independence and constantly try to minimize closeness. Secure people feel comfortable with intimacy and are usually warm and loving. The book is about the frustration people feel in relationships when these types cross. The more an anxious person wants to be close to an avoidant person the more the avoidant withdraws fearful of losing their independence. Most anxious people function fine in all other areas of life then discover they are very anxious in relationships to their dismay. Anxious types many times confuse the feelings of being anxious with excitement toward a potential partner that is avoidant and miss out on secure people that they feel are boring. Secure people tend to soothe and help anxious types, while avoidants trigger anxious people and lead to hopeless pursuits and wasted time. Two avoidants can rarely be together in a relationship because no one holds it together they just drift apart. Through open and honest communication in relationships you should be able to identify if a possible partner is someone who can meet your needs. The book teaches that you always benefit from honest communication because it moves you toward your goal of the right relationship regardless of the outcome.

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