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The new science of adult joining and how it can help you find and save-love is an innovative book that redefines what it means to be in a relationship. John Gray, Ph.D., author of the bestselling Men from Mars, Women with Venus ... both fascinating and fun. Attached will help each reader achieve fulfillment in love. I enjoyed every moment. Janet Kloskov, Ph.D., author of the bestselling Book Rethinking Her Life... Very smart... Clear, easy to read and insightful... valuable tool whether you're just entering a relationship or... (have) been married (for) years and thought you knew everything about your spouse. Marietta DiRistina - Chief Scientific Editor ... a fascinating and extremely useful guide to one of the most important businesses in life - finding and maintaining safe, satisfying love relationships. Phillip R. Shaver, Ph.D., Emeritus Professor of Psychology, University of California, Davis; Co-author of the book Appendix in adulthood and co-editor of the book The Handbook of Attachment: The Theory, Research and Clinical App Prince of Cinderella passionately turned her kingdom upside down just to find her perfect leg shape, and they lived happily ever after. This book is for all of us. John B. Herman, M.D., Deputy Chief of Psychiatry, MGH, and Associate Professor of Psychiatry, Harvard Medical School ... This can save your clients a fortune in therapy bills... New Age Retailer Practical, a nice guide to forming useful romantic relationships. Kirkus Amir Levin, Dr. M., and Rachel S. F. Heller, M.A. Ready to learn the most important takeaways from the attached in less than two minutes? Keep reading! Why this book matters: Attached helps readers navigate the affections in their love lives. Big takeaway: Feeling tied to other healthy ones. If attachment is not just a desire to be close to another person; it's an emotional connection that people share. Attachment is normal. Attachment is determined by your genes and how your ancestry has evolved. People who struggle with anxiety tend to worry more about the connections they have with others. People are more anxious about their relationships and the amount of love they receive. The style of affection of some people is more avoiding. Independence can be a real necessity for some people in a relationship. A safe style of affection allows those in a relationship to feel most comfortable with their partner. A safe attachment style finds a middle ground that meets the needs of independence as well as intimacy. Want to keep reading? Watch video Summary: Is There a Science to Love? In this groundbreaking book, psychiatrist and neuroscientist Amir Levin and psychologist Rachel S. F. Heller show how understanding attachment theory - the most advanced relationship science that exists today - can help us find and support love. affection is the basis for many bestsellers on the relationship between parents and children, but still be an accessible guide to what this fascinating science has to tell us about adult romantic relationships until now. The theory of attachment owes its beginning to the British psychologist and psychoanalyst John Bowlby, who in the 1950s studied the enormous influence of our early relationships with our parents or caregivers on the people we become. Also central to attachment theory is the discovery that our need to be in close relationships with one or more people is embedded in our genes. In Attached, Levin and Heller trace how these evolutionary influences continue to shape who we are in our relationship today. According to attachment theory, each person behaves in a relationship in one of three different ways: ANXIOUS people are often concerned about their relationship and tend to worry about their partner's ability to love them back. AVOIDANT people equate proximity to loss of independence and constantly try to minimize intimacy. SECURE people feel comfortable with intimacy and tend to be warm and loving. Attached readers' guides in determining what style of affection they and their assistant (or potential mates) follow. It also offers readers a wealth of advice on how to navigate their relationship more wisely, given their attachment style and their partner. An astute look at the science behind the love attached offers readers a roadmap for creating stronger, more fulfilling connections. An innovative book that redefines what it means to be in a relationship.' - John Gray, Ph.D., author of the bestselling Men from Mars, a woman from Venus's insightful look at the science behind love, The Attached offers readers a roadmap for creating stronger, more fulfilling connections. Is there a science to love? In this groundbreaking book, psychiatrist and neuroscientist Amir Levin and psychologist Rachel S. F. Heller show how understanding attachment theory - the most advanced relationship science that exists today - can help us find and support love. First psychologist John Bowlby in the 1950s, the area of affection explains that each of us behaves in a relationship in one of three different ways: Anxious people are often concerned about their relationships and tend to worry about their partner's ability to love them back. Avoidable people equate proximity to loss of independence and constantly try to minimize intimacy. Safe people feel comfortable with intimacy and are usually warm and loving. With fascinating psychological insight, quizzes and case studies, Dr. Amir Levin and Rachel Heller will help you understand three styles of affection, define your own and recognize the styles of others, so that you can find compatible partners or improve existing relationships. Dr. Amir Levin, M.D., adult, child and adolescent psychiatrist and neuroscientist. He spends in neurology at Columbia University, New York, for several years under the leadership of Nobel laureate Eric Candel. Rachel Rachel works as a teacher-psychologist. © 1996-2014, Amazon.com, Inc. or its affiliates are an innovative book that redefines what it means to be in a relationship. --John Gray, Ph.D., author of the bestselling Men from Mars, Women from Venus We already rely on science to tell us what to eat, when to exercise, and how long to sleep. Why not use science to help us improve our relationship? In this revolutionary book, psychiatrist and neuroscientist Dr. Amir Levin and Rachel Heller scientifically explain why some people seem to move easily through relationships while others struggle. Learn how understanding adult attachments - the most advanced relationship science that exists today - can help us find and support love. First psychologist John Bowlby in the 1950s, the area of affection claims that each of us behaves in a relationship in one of three different ways: Anxious people are often concerned about their relationships and tend to worry about their partner's ability to love them back - avoiding people to equate intimacy with loss of independence and constantly trying to minimize intimacy. Safe people feel comfortable with intimacy and are usually warm and loving. Attached readers' guides in determining what style of affection they and their assistant (or potential assistant) follow, offering a roadmap to create stronger, more fulfilling connections with the people they love. Love. attached by amir levine pdf download. attached by amir levine and rachel heller pdf. attached by amir levine and rachel heller pdf download

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