

*Attached The New Science Of Adult Attachment And How It Can
Help You Find Keep Love Amir Levine*



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Attached by Amir Levine and Rachel Heller is an extremely quick pop-psycho read filled with magazine-style quizzes, scorecards and geegaws designed to assist with love relationships, but distinguished by a skeleton of very real psychological and social science research on attachment theory.

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According to psychiatrist and neuroscientist Dr. Amir Levine and Rachel Heller, the answer is a resounding “yes.” In Attached, Levine and Heller reveal how an understanding of adult attachment – the most advanced relationship science in existence today – can help us find and sustain love.

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Attached: The New Science of Adult Attachment and How It Can Help You Find--and Keep-- Love. 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.

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Attached: The New Science of Adult Attachment and how it Can Help You Find - and Keep - Love. * Secure people feel comfortable with intimacy and are usually warm and loving. Attached guides readers in determining what attachment style they and their mate (or potential mate) follow, offering a road map for building stronger, more fulfilling connections with the people they love.

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In Attached, Levine and Heller reveal how an understanding of adult attachment-the most advanced relationship science in existence today-can help us find and sustain love. Pioneered by psychologist John Bowlby in the 1950s, the field of attachment posits that each of us behaves in relationships in one of three distinct ways:

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In the book "Attached: The New Science of Adult Attachment and How it can Help You Find and Keep Love", Amir Levine and Rachel Heller describe the three main attachment styles.

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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.

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