

ATTACHMENT

JOHN BOWLBY

📖 **ATTACHED** Amir Levine,Rachel Heller,2010-12-30 Is there a science to love? In this groundbreaking book, 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 bestselling 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 readers in determining what attachment style they and their mate (or potential mates) follow. It also offers readers a wealth of advice on how to navigate their relationships more wisely given their attachment style and that of their partner. An insightful look at the science behind love, *Attached* offers readers a road map for building stronger, more fulfilling connections.

📖 **ATTACHMENTS** Rainbow Rowell,2011-04-14 From the award-winning, #1 New York Times bestselling author of *Wayward Son*, *Fangirl*, *Carry On*, and *Landline* comes a hilarious and heartfelt novel about an office romance that blossoms one email at a time.... Beth Fremont and Jennifer Scribner-Snyder know that somebody is monitoring their work e-mail. (Everybody in the newsroom knows. It’s company policy.) But they can’t quite bring themselves to take it seriously. They go on sending each other endless and endlessly hilarious e-mails, discussing every aspect of their personal lives. Meanwhile, Lincoln O’Neill can’t believe this is his job now—reading other people’s e-mail. When he applied to be “internet security officer,” he pictured himself building firewalls and crushing hackers—not writing up a report every time a sports reporter forwards a dirty joke. When Lincoln comes across Beth’s and Jennifer’s messages, he knows he should turn them in. He can’t help being entertained, and captivated, by their stories. But by the time Lincoln realizes he’s falling for Beth, it’s way too late to introduce himself. What would he even say...?

📖 **ATTACHMENTS** Tim Clinton,Gary Sibcy,2009-02-15 Unlock the secret to loving and lasting relationships! This book is for anyone who desires closeness, especially in the most intimate relationships: marriage, parenting, close friends, and ultimately with God. The answer to why people feel and act the way they do lies in the profound effect of a child’s bonding process with his or her parents. How successfully we form and maintain relationships throughout life is related to those early issues of attachment. Author Dr. Tim Clinton is recognized as a world leader in mental health and relationship issues—and he knows intimately what it is like to feel unloved. The child of a mentally ill mother who locked him in a closet and a father who was frequently gone, Clinton struggled with attachments for many years before discovering the secret to loving and being loved. Citing four primary bonding styles, you will learn: Why we love, feel, and act the way we do How to conquer depression, anxiety, anger, and grief How to be a sensitive, secure parent to your children How God’s love is enough to penetrate the brokenness and remove negative emotions from your life If you have come out of a painful, damaging, or traumatic past, reading this book will teach you how to experience the love and closeness you long to feel.

📖 **ADULT ATTACHMENT** Omri Gillath,Gery C. Karantzas,R. Chris Fraley,2016-03-29 *Adult Attachment: A Concise Introduction to Theory and Research* is an easy-to-read and highly accessible reference on attachment that deals with many of the key concepts and topics studied within attachment theory. This book is comprised of a series of chapters framed by common questions that are typically asked by novices entering the field of attachment. The content of each chapter focuses on answering this overarching question. Topics on the development of attachment are covered from different levels of analysis, including species, individual, and relationship levels, working models of attachment, attachment functions and hierarchies, attachment stability and change over time and across situations, relationship contexts, the cognitive underpinnings of attachment and its activation of enhancement via priming, the interplay between the attachment behavioral system and other behavioral systems, the effects of context on attachment, the contribution of physiology/neurology and genetics to attachment, the associations/differences between attachment and temperament, the conceptualization and measurement of attachment, and the association between attachment and psychopathology/therapy. Uses a question-and-answer format to address the most important topics within attachment theory Presents information in a simple, easy-to-understand way to ensure accessibility for novices in the field of attachment Covers the main concepts and issues that relate to attachment theory, thus ensuring readers develop a strong foundation in attachment theory that they can then apply to the study of relationships Addresses future directions in the field of attachment theory Concisely covers material, ensuring scholars and professionals can quickly get up-to-speed with the most recent research

📖 **THE POWER OF ATTACHMENT** Diane Poole Heller, Ph.D.,2019-03-12 How traumatic events can break our vital connections—and how to restore love, wholeness, and resiliency in your life From our earliest years, we develop an attachment style that follows us through life, replaying in our daily emotional landscape, our relationships, and how we feel about ourselves. And in the wake of a traumatic event—such as a car accident, severe illness, loss of a loved one, or experience of abuse—that attachment style can deeply influence what happens next. In *The Power of Attachment*, Dr. Diane Poole Heller, a pioneer in attachment theory and trauma resolution, shows how overwhelming experiences can disrupt our most important connections—with the parts of ourselves within, with the physical world around us, and with others. The good news is that we can restore and reconnect at all levels, regardless of our past. Here, you’ll learn key insights and practices to help you: • Restore the broken connections caused by trauma • Get embodied and grounded in your body • Integrate the parts of yourself that feel wounded and fragmented • Emerge from grief, fear, and powerlessness to regain strength, joy, and resiliency • Reclaim access to your inner resources and spiritual nature “We are fundamentally designed to heal,” teaches Dr. Heller. “Even if our childhood is less than ideal, our secure attachment system is biologically programmed in us, and our job is to simply find out what’s interfering with it—and learn what we can do to make those secure tendencies more dominant.” With expertise drawn from Dr. Heller’s research, clinical work, and training programs, this book invites you to begin that journey back to wholeness.

📖 **ADULT ATTACHMENT** Judith Feeney,Patricia Noller,1996-06-24 This book draws together the diverse strands of attachment theory into a coherent contemporary account. It examines the links between attachment and other central life tasks such as work, and the issues of conceptualisation and measurement.

📖 **HEALING TRAUMA** Marion F. Solomon,Daniel J. Siegel,2003-02-25 Born out of the excitement of a convergence of ideas and passions, this book provides a synthesis of the work of researchers, clinicians, and theoreticians who are leaders in the field of trauma, attachment, and psychotherapy. As we move into the third millennium, the field of mental health is in an exciting position to bring together diverse ideas from a range of disciplines that illuminate our understanding of human experience: neurobiology, developmental psychology, traumatology, and systems theory. The contributors emphasize the ways in which the social environment, including relationships of childhood, adulthood, and the treatment milieu change aspects of the structure of the brain and ultimately alter the mind.

📖 **ATTACHMENT AND BONDING** Carol Sue Carter,2005 Scientists from different disciplines, including anthropology, psychology, psychiatry, pediatrics, neurobiology, endocrinology, and molecular biology, explore the concepts of attachment and bonding from varying scientific perspectives.

📖 **THE ORIGINS OF ATTACHMENT** Beatrice Beebe, Frank M. Lachmann,2013-12-04 *The Origins of Attachment: Infant Research and Adult Treatment* addresses the origins of attachment in mother-infant face-to-face communication. New patterns of relational disturbance in infancy are described. These aspects of communication are out of conscious awareness. They provide clinicians with new ways of thinking about infancy, and about nonverbal communication in adult treatment. Utilizing an extraordinarily detailed microanalysis of videotaped mother-infant interactions at 4 months, Beatrice Beebe, Frank Lachmann, and their research collaborators provide a more fine-grained and precise description of the process of attachment transmission. Second-by-second microanalysis operates like a social microscope and reveals more than can be grasped with the naked eye. The book explores how, alongside linguistic content, the bodily aspect of communication is an essential component of the capacity to communicate and understand emotion. The moment-to-moment self- and interactive processes of relatedness documented in infant research form the bedrock of adult face-to-face communication and provide the background fabric for the verbal narrative in the foreground. *The Origins of Attachment* is illustrated throughout with several case vignettes of adult treatment. Discussions by Carolyn Clement, Malcolm Slavin and E. Joyce Klein, Estelle Shane, Alexandra Harrison and Stephen Seligman show how the research can be used by practicing clinicians. This book details aspects of bodily communication between mothers and infants that will provide useful analogies for therapists of adults. It will be essential reading for psychoanalysts, psychotherapists and graduate students. Collaborators Joseph Jaffe, Sara Markese, Karen A. Buck, Henian Chen, Patricia Cohen, Lorraine Bahrck, Howard Andrews, Stanley Feldstein Discussants Carolyn Clement, Malcolm Slavin, E. Joyce Klein, Estelle Shane, Alexandra Harrison, Stephen Seligman

📖 **THE FIVE LEVELS OF ATTACHMENT** Don Miguel Ruiz, Jr,2013-02-04 *The Five Levels of Attachment* picks up from where Don Miguel Ruiz, Jr’s father’s book, *The Four Agreements*, left off. Building on the principles found in his father’s international bestseller (2.5 million copies sold in the US), Don Miguel explores the ways in which we attach ourselves inappropriately to beliefs and the world. This is ancient wisdom for finding your true self. Ruiz explores the five levels of attachment that cause suffering in our lives. The five levels are: • Authentic Self • Preference • Identification • Internalization • Fanaticism Accessible and practical, *The Five Levels of Attachment* invites us to look at our own lives and see how an unhealthy level of attachment can keep us trapped in a psychological and spiritual fog. He then teaches us to reclaim our true freedom by cultivating awareness, detaching, and discover our true selves.

📖 **ATTACHMENT THEORY AND RESEARCH** Jeffrey A. Simpson,W. Steven Rholes,2015-02-02 This volume showcases the latest theoretical and empirical work from some of the top scholars in attachment. Extending classic themes and describing

IMPORTANT NEW APPLICATIONS, THE BOOK EXAMINES SEVERAL WAYS IN WHICH ATTACHMENT PROCESSES HELP EXPLAIN HOW PEOPLE THINK, FEEL, AND BEHAVE IN DIFFERENT SITUATIONS AND AT DIFFERENT STAGES IN THE LIFE CYCLE. TOPICS INCLUDE THE EFFECTS OF EARLY EXPERIENCES ON ADULT RELATIONSHIPS; NEW DEVELOPMENTS IN NEUROSCIENCE AND GENETICS; ATTACHMENT ORIENTATIONS AND PARENTING; CONNECTIONS BETWEEN ATTACHMENT AND PSYCHOPATHOLOGY, AS WELL AS HEALTH OUTCOMES; AND THE RELATIONSHIP OF ATTACHMENT THEORY AND PROCESSES TO CLINICAL INTERVENTIONS.

📖 **THE ATTACHMENT PARENTING BOOK** WILLIAM SEARS, MARTHA SEARS, 2001-09-01 AMERICA’S FOREMOST BABY AND CHILDCARE EXPERTS, WILLIAM SEARS M.D. AND MARTHA SEARS, R.N., EXPLAIN THE BENEFITS -- FOR BOTH YOU AND YOUR CHILD -- OF CONNECTING WITH YOUR BABY EARLY. WOULD YOU AND YOUR BABY BOTH SLEEP BETTER IF YOU SHARED A BED? HOW OLD IS TOO OLD FOR BREASTFEEDING? WHAT IS A FATHER’S ROLE IN NURTURING A NEWBORN? HOW DOES EARLY ATTACHMENT FOSTER A CHILD’S EVENTUAL INDEPENDENCE? DR. BILL AND MARTHA SEARS -- THE DOCTOR-AND-NURSE, HUSBAND-AND-WIFE TEAM WHO COINED THE TERM ATTACHMENT PARENTING -- ANSWER THESE AND MANY MORE QUESTIONS IN THIS PRACTICAL, INSPIRING GUIDE. ATTACHMENT PARENTING IS A STYLE OF PARENTING THAT ENCOURAGES A STRONG EARLY ATTACHMENT, AND ADVOCATES PARENTAL RESPONSIVENESS TO BABIES’ DEPENDENCY NEEDS. THE ATTACHMENT PARENTING BOOK CLEARLY EXPLAINS THE SIX BABY B’S THAT FORM THE BASIS OF THIS POPULAR PARENTING STYLE: BONDING, BREASTFEEDING, BABYWEARING, BEDDING CLOSE TO BABY, BELIEF IN THE LANGUAGE VALUE OF BABY’S CRY, AND BEWARE OF BABY TRAINERS. HERE’S ALL THE INFORMATION YOU NEED TO ACHIEVE YOUR MOST IMPORTANT GOALS AS A NEW PARENT: TO KNOW YOUR CHILD, TO HELP YOUR CHILD FEEL RIGHT, AND TO ENJOY PARENTING.

📖 **A SECURE BASE** JOHN BOWLBY, 2012-11-12 AS BOWLBY HIMSELF POINTS OUT IN HIS INTRODUCTION TO THIS SEMINAL CHILDCARE BOOK, TO BE A SUCCESSFUL PARENT MEANS A LOT OF VERY HARD WORK. GIVING TIME AND ATTENTION TO CHILDREN MEANS SACRIFICING OTHER INTERESTS AND ACTIVITIES, BUT FOR MANY PEOPLE TODAY THESE ARE UNWELCOME TRUTHS. BOWLBY’S WORK SHOWED THAT THE EARLY INTERACTIONS BETWEEN INFANT AND CAREGIVER HAVE A PROFOUND IMPACT ON AN INFANT’S SOCIAL, EMOTIONAL, AND INTELLECTUAL GROWTH. CONTROVERSIAL YET POWERFULLY INFLUENTIAL TO THIS DAY, THIS CLASSIC COLLECTION OF BOWLBY’S LECTURES OFFERS IMPORTANT GUIDELINES FOR CHILD REARING BASED ON THE CRUCIAL ROLE OF EARLY RELATIONSHIPS.

📖 **ATTACHMENT IN ADULTHOOD, FIRST EDITION** MARIO MIKULINER, PHILLIP R. SHAVER, 2010-01-04 THE CONCLUDING CHAPTER REFLECTS ON THE KEY ISSUES ADDRESSED, CONSIDERS THE DEEPER PHILOSOPHICAL IMPLICATIONS OF CURRENT WORK IN THE FIELD, AND IDENTIFIES PIVOTAL DIRECTIONS FOR FUTURE INVESTIGATION.--BOOK JACKET.

📖 **ATTACHMENT** ROSS A. THOMPSON, JEFFREY A. SIMPSON, LISA J. BERLIN, 2021-04-23 NINE CENTRAL ISSUES RELEVANT TO ATTACHMENT THEORY AND RESEARCH CONSTITUTE THIS VOLUME: DEFINING ATTACHMENT AND ATTACHMENT SECURITY, MEASURING THE SECURITY OF ATTACHMENT, THE NATURE AND FUNCTIONING OF INTERNAL WORKING MODELS, STABILITY AND CHANGE IN ATTACHMENT SECURITY, INFLUENCE OF EARLY ATTACHMENT, CULTURE AND ATTACHMENT, SEPARATION AND LOSS, ATTACHMENT-BASED INTERVENTIONS, AND ATTACHMENT, SYSTEMS, AND SERVICES. THIS IS A TIME OF WIDENING INTEREST IN ATTACHMENT THEORY, AND THIS BOOK EXISTS ALONGSIDE OTHERS THAT PROVIDE PERSPECTIVE ON THE FIELD AS A WHOLE. THE AUTHORS OF THESE CHAPTERS HAVE SYNTHESIZED THEIR VIEWS INTO FRESH PERSPECTIVES THAT, JUXTAPOSED WITH OTHERS ADDRESSING THE SAME QUESTIONS, OFFER NOVEL AND USEFUL INSIGHTS INTO THE CURRENT STATUS OF ATTACHMENT THEORY AND RESEARCH, AND PERSPECTIVE ON ITS FUTURE--

📖 **TREATING ATTACHMENT DISORDERS** KARL HEINZ BRISCH, 2014-01-01 ORGANIZED AROUND EXTENDED CASE ILLUSTRATIONS?AND GROUNDED IN CUTTING-EDGE THEORY AND RESEARCH?THIS HIGHLY REGARDED BOOK SHOWS HOW AN ATTACHMENT PERSPECTIVE CAN INFORM PSYCHOTHERAPEUTIC PRACTICE WITH PATIENTS OF ALL AGES. KARL HEINZ BRISCH EXPLORES THE LINKS BETWEEN EARLY EXPERIENCES OF SEPARATION, LOSS, AND TRAUMA AND A RANGE OF PSYCHOLOGICAL, BEHAVIORAL, AND PSYCHOSOMATIC PROBLEMS. HE DEMONSTRATES THE BASIC TECHNIQUES OF ATTACHMENT-BASED ASSESSMENT AND INTERVENTION, EMPHASIZING THE HEALING POWER OF THE THERAPEUTIC RELATIONSHIP. WITH A PRIMARY FOCUS ON TREATING INFANTS AND YOUNG CHILDREN AND THEIR CAREGIVERS, THE BOOK DISCUSSES APPLICATIONS OF ATTACHMENT-BASED PSYCHOTHERAPY OVER THE ENTIRE LIFE COURSE. NEW TO THIS EDITION*INCORPORATES ADVANCES IN RESEARCH ON NEUROBIOLOGY, GENETICS, AND PSYCHOTRAUMATOLOGY.*EXPANDED WITH A SECTION ON INPATIENT TREATMENT FOR TRAUMATIZED CHILDREN, INCLUDING IN-DEPTH CASES.*DESCRIBES TWO PROMISING PREVENTION PROGRAMS FOR EXPECTANT COUPLES, FAMILIES, AND YOUNG CHILDREN.*THE LATEST KNOWLEDGE ON DISORGANIZED ATTACHMENT, ATTACHMENT DISORDERS, AND ASSESSMENTS.

📖 **PLACE ATTACHMENT** IRWIN ALTMAN, SETHA M. LOW, 2012-12-06 IN STEP WITH THE GROWING INTEREST IN PLACE ATTACHMENT, THIS VOLUME EXAMINES THE PHENOMENA FROM THE PERSPECTIVE OF SEVERAL DISCIPLINES--INCLUDING ANTHROPOLOGY, FOLKLORE, AND PSYCHOLOGY--AND POINTS TOWARDS PROMISING DIRECTIONS OF FUTURE RESEARCH.

📖 **OVERCOMING INSECURE ATTACHMENT** TRACY CROSSLEY, 2021-10-26 PERMANENTLY STOP FEAR AND ANXIETY FROM SMOTHERING THE WAY YOU LIVE YOUR LIFE, AND STOP SETTLING FOR RELATIONSHIPS THAT AREN’T RIGHT FOR YOU. WRITTEN BY A BEHAVIORAL RELATIONSHIP EXPERT, OVERCOMING INSECURE ATTACHMENT PROVIDES ACTIONABLE STEPS ON HOW TO OVERCOME INSECURE ATTACHMENT STYLES AND THE PROBLEMS THEY SPAWN WITH SELF-VALUE, SELF-AWARENESS AND SELF-RESPONSIBILITY. GOING BEYOND WHAT TRADITIONAL ATTACHMENT THEORY BOOKS FOCUS ON, READERS WILL FOLLOW EIGHT PROVEN STEPS THAT THEY CAN CUSTOMIZE AND ORGANIZE IN THE WAY THAT BEST SUITS THEIR UNIQUE NEEDS, ALL THE WHILE BEING BOLSTERED AND CHAMPIONED BY TRACY CROSSLEY’S FRIENDLY, BOLD TONE--PUBLISHER’S WEBSITE.

📖 **ATTACHMENT DISTURBANCES IN ADULTS: TREATMENT FOR COMPREHENSIVE REPAIR** DANIEL P. BROWN, DAVID S. ELLIOTT, 2016-09-13 A COMPREHENSIVE TREATMENT APPROACH FOR THE REPAIR AND RESOLUTION OF ATTACHMENT DISTURBANCES IN ADULTS, FOR USE IN CLINICAL SETTINGS. WITH CONTRIBUTIONS BY PAULA MORGAN-JOHNSON, PAULA SACKS, CAROLINE R. BALTZER, JAMES HICKEY, ANDREA COLE, JAN BLOOM, AND DEIRDRE FAY. ATTACHMENT DISTURBANCES IN ADULTS IS A LANDMARK RESOURCE FOR (1) UNDERSTANDING ATTACHMENT, ITS DEVELOPMENT, AND THE MOST CLINICALLY RELEVANT FINDINGS FROM ATTACHMENT RESEARCH, AND (2) USING THIS UNDERSTANDING TO INFORM SYSTEMATIC, COMPREHENSIVE, AND CLINICALLY EFFECTIVE AND EFFICIENT TREATMENT OF ATTACHMENT DISTURBANCES IN ADULTS. IT OFFERS AN INNOVATIVE THERAPEUTIC MODEL AND SET OF METHODS FOR TREATING ADULT PATIENTS WITH DISMISSING, ANXIOUS-PREOCCUPIED, OR DISORGANIZED ATTACHMENT. IN RICH DETAIL, IT INTEGRATES HISTORICAL AND LEADING-EDGE ATTACHMENT RESEARCH INTO PRACTICAL, EFFECTIVE TREATMENT PROTOCOLS FOR EACH TYPE OF INSECURE ATTACHMENT. CASE TRANSCRIPTS AND MANY SAMPLE THERAPIST PHRASINGS ILLUSTRATE HOW TO APPLY THE METHODS IN PRACTICE. PART I, FOUNDATIONAL CONCEPTS, FEATURES A COMPREHENSIVE OVERVIEW OF THE FIELD OF ATTACHMENT, INCLUDING ITS HISTORY, SEMINAL IDEAS, AND EXISTING KNOWLEDGE ABOUT THE DEVELOPMENT OF ATTACHMENT BONDS AND BEHAVIORS. PART II, ASSESSMENT, ADDRESSES THE ASSESSMENT OF ATTACHMENT DISTURBANCES. IT INCLUDES AN OVERVIEW OF ATTACHMENT ASSESSMENT FOR THE CLINICIAN AND A TROVE OF PRACTICAL RECOMMENDATIONS FOR ASSESSING PATIENTS’ ATTACHMENT BEHAVIOR AND STATUS BOTH OUTSIDE OF AND WITHIN THE THERAPEUTIC RELATIONSHIP. IN PART III, TREATMENT, THE AUTHORS NOT ONLY REVIEW EXISTING TREATMENT APPROACHES FOR ATTACHMENT DISORDERS IN ADULTS, BUT ALSO INTRODUCE AN UNPRECEDENTED, POWERFUL NEW TREATMENT METHOD. THIS METHOD, THE THREE PILLARS MODEL, IS BUILT ON THREE ESSENTIAL CLINICAL INGREDIENTS: SYSTEMATICALLY UTILIZING IDEAL PARENT FIGURE IMAGERY TO DEVELOP A NEW POSITIVE, STABLE INTERNAL WORKING MODEL OF SECURE ATTACHMENT FOSTERING A RANGE OF METACOGNITIVE SKILLS FOSTERING NONVERBAL AND VERBAL COLLABORATIVE BEHAVIOR IN TREATMENT USED TOGETHER, THESE INTERDEPENDENT PILLARS FORM A UNIFIED AND PROFOUNDLY EFFECTIVE METHOD OF TREATMENT FOR ATTACHMENT DISTURBANCES IN ADULTS—a MUST FOR ANY CLINICIAN. IN PART IV, TYPE-SPECIFIC TREATMENT, READERS WILL LEARN SPECIFIC VARIATIONS OF THE THREE TREATMENT PILLARS TO MAXIMIZE EFFICACY WITH EACH TYPE OF INSECURE ATTACHMENT. FINALLY, PART V, A TREATMENT GUIDE AND EXPECTED OUTCOMES, DESCRIBES TREATMENT IN A STEP-BY-STEP FORMAT AND PROVIDES A SUCCESS-ASSESSMENT GUIDE FOR THE THREE PILLARS APPROACH. THIS BOOK IS A COMPREHENSIVE EDUCATIONAL RESOURCE AND A DEEPLY PRACTICAL CLINICAL GUIDE. IT OFFERS CLINICIANS A COMPLETE SET OF TOOLS FOR EFFECTIVE AND EFFICIENT TREATMENT OF ADULT PATIENTS WITH ATTACHMENT DISTURBANCES.

📖 **THE ATTACHMENT EFFECT** PETER LOVENHEIM, 2018-06-05 EVERY READER WILL FIND THIS BOOK ABOUT ATTACHMENT ENLIGHTENING. --DR. SUE JOHNSON, AUTHOR OF HOLD ME TIGHT DOES A MAGNIFICENT JOB OF REVEALING HOW ATTACHMENT MANIFESTS AT THE WORKPLACE, IN FRIENDSHIPS, RELIGION, AND EVEN POLITICS.” --AMIR LEVINE, M.D., AUTHOR OF ATTACHED A REVEALING LOOK AT ATTACHMENT THEORY, UNCOVERING HOW OUR EARLY CHILDHOOD EXPERIENCES CREATE A BLUEPRINT FOR ALL OUR RELATIONSHIPS TO COME ATTACHMENT THEORY IS HAVING A MOMENT. IT’S THE SUBJECT OF MUCH-SHARED ARTICLES AND POPULAR RELATIONSHIP GUIDES. WHY IS THIS FIFTY-YEAR-OLD THEORY, WIDELY ACCEPTED IN PSYCHOLOGICAL CIRCLES, SUDDENLY IN VOGUE? BECAUSE PEOPLE ARE DISCOVERING HOW POWERFULLY IT SHEDS LIGHT ON WHO WE LOVE--AND HOW. FASCINATED BY THE SUBJECT, AWARD-WINNING JOURNALIST AND AUTHOR PETER LOVENHEIM EMBARKED ON A JOURNEY TO UNDERSTAND IT FROM THE INSIDE OUT. INTERVIEWING RESEARCHERS, PROFESSORS, COUNSELORS, AND OTHER EXPERTS, AS WELL AS INDIVIDUALS AND COUPLES WHOSE ATTACHMENT STORIES ILLUMINATE AND EMBODY THE THEORY’S KEY CONCEPTS. THE RESULT IS THIS ENGAGING AND REVEALING BOOK, WHICH IS PART JOURNALISM, PART MEMOIR, PART PSYCHOLOGICAL GUIDE--AND A FASCINATING READ FOR ANYONE WHO WANTS TO BETTER UNDERSTAND THE NEEDS AND DYNAMICS THAT DRIVE THE COMPLEX RELATIONSHIPS IN THEIR LIVES. TOPICS INCLUDE: * WHAT IT MEANS TO BE SECURELY AND INSECURELY ATTACHED * HOW OUR EARLY CHILDHOOD EXPERIENCES CREATE A BLUEPRINT FOR FUTURE RELATIONSHIPS--AND HOW TO USE THOSE INSIGHTS TO GAIN SELF-AWARENESS AND GROWTH * WHY ANXIOUS AND AVOIDANT ATTACHMENT TYPES TEND TO ATTRACT EACH OTHER, AND HOW TO BREAK THE NEGATIVE CYCLE * HOW ANYONE CAN WORK TO BECOME EARNED SECURE REGARDLESS OF THEIR UPBRINGING AND PAST RELATIONSHIPS.

IGNITE THE FLAME OF OPTIMISM WITH CRAFTED BY IS MOTIVATIONAL MASTERPIECE, FUEL YOUR SPIRIT WITH **ATTACHMENT** . IN A DOWNLOADABLE PDF FORMAT (DOWNLOAD IN PDF: *), THIS EBOOK IS A BEACON OF ENCOURAGEMENT. DOWNLOAD NOW AND LET THE WORDS PROPEL YOU TOWARDS A BRIGHTER, MORE MOTIVATED TOMORROW.

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