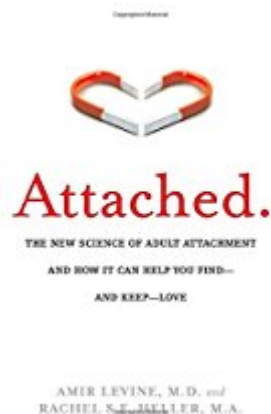


# Reading Ebook Attached: The New Science of Adult Attachment and How It Can Help You Find - and Keep - Love By Amir Levine, Rachel Heller



We rely on science to tell us everything from what to eat to when and how long to exercise, but what about relationships? Is there a scientific explanation for why some people seem to navigate relationships effortlessly, while others struggle? According to psychiatrist and neuroscientist Dr. Amir Levine and Rachel Heller, the answer is a resounding "yes."

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From Publishers Weekly According to psychiatrist and neuroscientist Levine and social psychologist Heller, one™s adult romantic partnerships have patterns similar to those one has as a child with one™s parents. Our individual attachment styles are thus, they conclude, hardwired into our brains. Focusing on three main attachment styles (secure, anxious, and avoidant), the authors explain the

biological facts behind our relationship needs, teach readers how to identify their own and loved ones™ attachment styles, and warn of the emotional price of connecting with someone with drastically different intimacy needs. Teaching readers communication skills to breach these differences, the authors stress that people have very different capacities for intimacy, and that partners must ensure each other™s emotional well-being. Chock-full of tips, questionnaires, and case studies, this is a solidly researched and intriguing approach to the perennial trials of œlooking for love in all the right placesÃŒ and improving existing relationships. (Jan.) (c) Copyright PWxyz, LLC. All rights reserved. Review "A groundbreaking book that redefines what it means to be in a relationship." --John Gray, PhD., bestselling author of *Men Are from Mars, Women Are from Venus* "Chock-full of tips, questionnaires, and case studies, this is a solidly researched and intriguing approach to the perennial trials of œlooking for love in all the right placesÃŒ and improving existing relationships." --Publishers Weekly "A practical, enjoyable guide to forming rewarding romantic relationships." --Kirkus Reviews "Amir Levine and Rachel Heller have written a very smart book: It is clear, easy to read and insightful. It's a valuable tool whether you are just entering a relationship with a new partner or-as in my case--even after you've been married 21 years, and had thought you knew everything about your spouse." --Scientific American "Anyone who has been plagued by that age-old question--'What is his deal?'--could benefit from a crash course in attachment theory." --Elle "This is real science, not slickly packaged personal opinion. The theories are clearly explained using lots of examples. There is advice for avoiding unhappy pairings and for getting out of relationships that are doomed to repetitive, negative interaction. This could save your customers a fortune in therapy bills." --Retailing Insight "This book is both fascinating and fun. Attached will help every reader understand whom they are attracted to as partners, why, and what they can do to reach fulfillment in love. I enjoyed every moment." --Janet Klosko, PhD., co-author of the bestselling *Reinventing Your Life* "The authors have distilled years of attachment theory research on the nature of human relationships into a practical, highly readable guide." --John B. Herman, M.D., Associate Chief of Psychiatry and Distinguished Scholar of Medical Psychiatry, Massachusetts General Hospital and Associate Professor of Psychiatry, Harvard Medical School "Based on twenty-five years of research, laced with vivid and instructive examples, and enriched with interesting and well-designed exercises, the book provides deep insights and invaluable skills that will benefit every reader." --Phillip R. Shaver, PhD, Distinguished Professor of Psychology, University of California, Davis and Past President, International Association for Relationship Research "Based on twenty-five years of research, laced with vivid and instructive examples, and enriched with interesting and well-designed exercises, the book provides deep insights and invaluable skills that will benefit every reader."--Phillip R. Shaver, PhD, Distinguished Professor of Psychology, University of California, Davis and Past President, International Association for Relationship Research About the Author Amir Levine, M.D. is an adult, child, and adolescent psychiatrist and neuroscientist. He graduated from the residency program at New York Presbyterian Hospital/Columbia University and for the past few years Amir has been conducting neuroscience research at Columbia under the mentorship of Nobel Prize Laureate Eric Kandel. Amir also has a passion for working with patients and it is in this context, while working with mothers and children in a therapeutic nursery, that he first discovered the power of attachment theory. His clinical work together with his deep understanding of the brain from a neuroscientist's perspective contribute to his appreciation of attachment theory and its remarkable effectiveness in helping to heal patients. Amir lives in New York City. Rachel Heller, M.A. studied at Columbia University with some of the most prominent scholars in the field of social psychology. She now works with families and couples as a psychologist in private practice. Rachel lives in Israel.

Customer Reviews Most helpful customer reviews 53 of 55 people found the following review helpful. Eye-opening overview and introduction, but simplistic if you crave in-depth information. By AM I have been in therapy on and off with different providers for almost 3 decades, and been in many failed relationships. Yet not one therapist ever mentioned the words "adult attachment theory"

to me until I decided to see a new therapist at age 55. My new therapist recommended this book in my first session and it opened my eyes to what really happens in relationships. However, it is a somewhat simplistic book. It is very accessible to a broad audience, but leaves a lot of unanswered questions, including why we are the way we are and what we might do about it. I read most of it in one day. For anyone craving more information, I highly recommend Mindsight by Dan Siegel, which is a much denser book about the science and complexities of adult attachment issues, how they play out in real life, and what can realistically be done to resolve them. It took me weeks to finish. In particular, I think Attached does a disservice to what it calls "anxious-avoidant" attachment types--with no information at all on this type. Siegel calls this type "disorganized," and people with this type of attachment are in particular need of helpful, concrete information. To take the issue a step further for practical information for resolving relationship issues pertaining to attachment, I recommend Getting the Love you Want by Harville Hendrix. 55 of 55 people found the following review helpful. Should be required reading! By Paul McCloud This book really should be required reading for anyone BEFORE they get into a relationship! I've recommended this book to many friends now and every time I recommend the book I make a joke about how humbling it was to read this book. Let me explain. I've always considered myself, like most people probably do, to be a complicated, layered individual...unable to boxed in or defined by a particular group or belief system!....then I read this book. Never before had I stumbled upon a psychological model that better described my actions, both in and out of the relationship context. With this new found knowledge I was able to objectively identify, understand and eventually begin to correct certain destructive emotional and psychological patterns within the relationship context. That ability has been incredibly important in my most recent relationship...something that I probably would have stepped away from had I not read this book and understood my avoidant attachment style. The reason I gave this four stars is because the book was so focused on individuals that were NOT in a relationship. My relationship is the classic avoidant & anxious combination. Yet we decided to leverage this new found knowledge to do the hard work necessary for us to achieve a secure / secure relationship! I do believe this is possible, though hard work, and I have seen results first hand in my relationship that support that theory. However, I would have loved to seen a greater portion of this book dedicated to exercises and tools that couples could use who are in the very situation that this book is encouraging you and teaching you to avoid when possible. 15 of 16 people found the following review helpful. Biased views on attachment styles By Mabel and Co. Like some other reviewers, I found this book surprisingly biased against avoidant people and very sympathetic toward anxious types. I would think that a neuroscientist and social psychologist would show less bias. That being said, there was a lot of interesting and helpful material covered about the different attachment styles. See all 754 customer reviews...

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