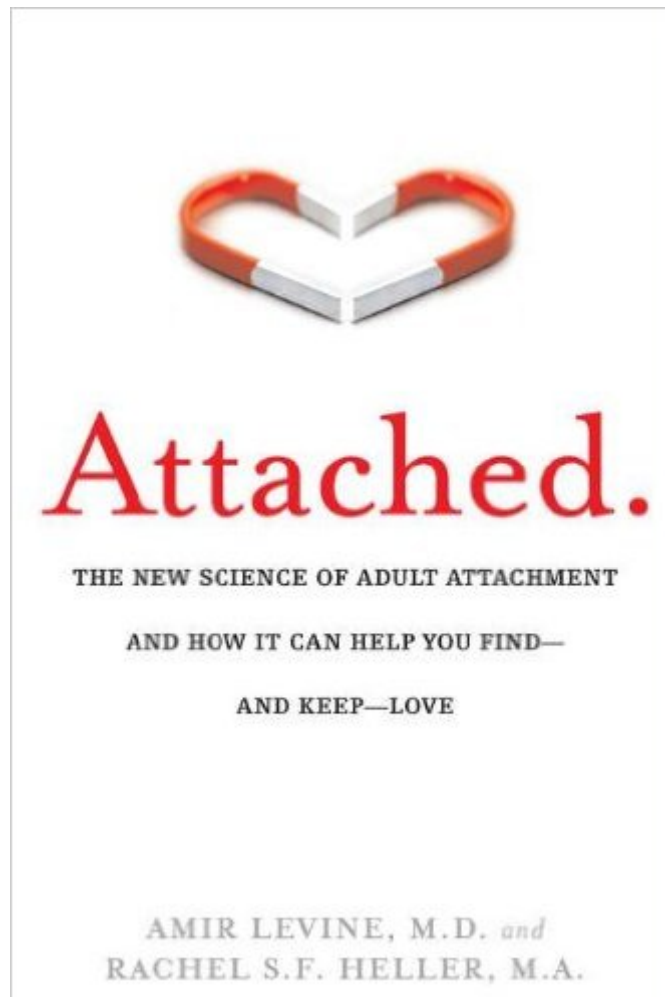


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# Attached: The New Science Of Adult Attachment And How It Can Help You Find - And Keep - Love



## Synopsis

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." 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: 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. In this book Levine and Heller guide 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.

## Book Information

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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 some one 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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