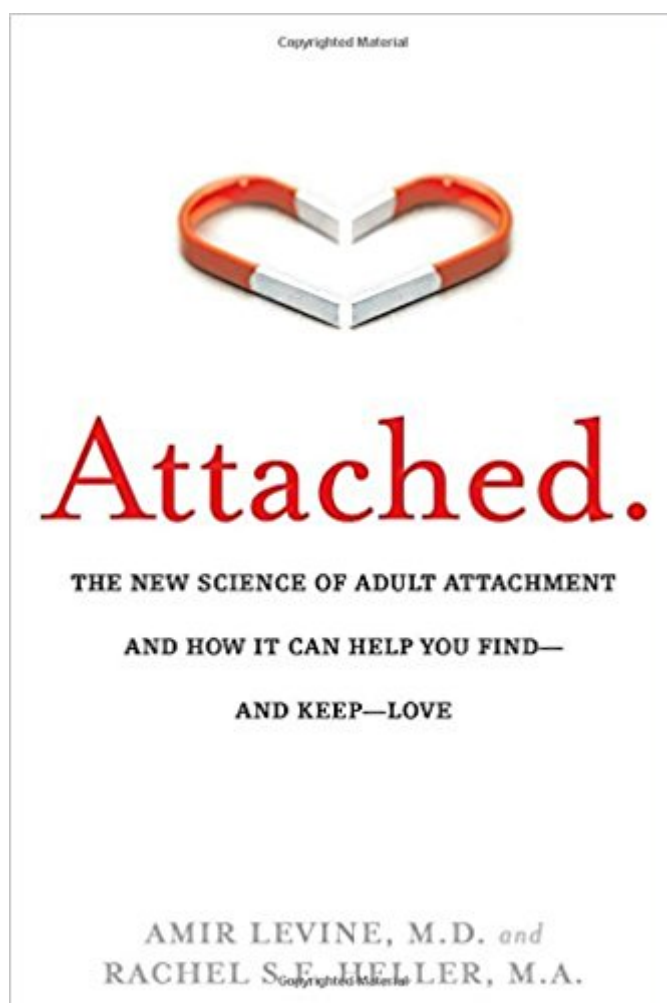


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# Attached: The New Science Of Adult Attachment And How It Can Help You Find - And Keep - Love



## 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

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 "looking for love in all the right places" and improving existing relationships. (Jan.) (c) Copyright PWxyz, LLC. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

"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 "looking for love in all the right places" 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,Â University of California, Davis and Past President, International Association for Relationship Research

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 be 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 see 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.

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.

This book came recommended to me by a friend and I have to say, it's one of the most insightful books I've ever come across and reading it totally blew my mind. I have recommended this book to countless friends, telling them that if we all read this book in our 20's it would have saved us all from at least one heartache. If you want to understand your triggers (which we all have...btw) and be able to identify/understand the attachment style of the person you're with (or who is a match vs mismatch) then please read this book

This book really helped me to see myself and my past and current relationships in a new way. It was very illuminating and possibly life transforming. I feel like I can use ideas from it not only to make sense of my history and to "know myself," but to also change how I act in my relationships to ensure greater success. In general it gave me a sort of revelation-- "Oh! So that is why that relationship/friendship turned out that way!" and "Oh, so that is why my marriage has its challenges." There are a few things I don't love about the book. I think it could consider how these ideas apply towards all significant human relationships and not just primary romantic ones. I think the ideas could also be highly relevant to close friendships and parent-child relationships. Second, it makes it sound like people are one of four attachment style types, whereas the reality is a bit more complex (our style can lean in a certain direction based upon a prevailing style of the other person). Overall though, very useful book.

In the last couple of years I have read many books on relationships, dependencies, addictions in regards to relationships. This is the first book which I have read that identified individuals and their particular needs, wants, desires. It is a fresh perspective on a healthy relationship. I have spent the better part of the last five decades trying to be someone I am not based on previous readings. I am now not afraid to show the softer side of myself and I have shed the shell that once I thought protected me. Thank you for such an insightful book on relationships.

I've read many books of psychology, from textbooks to dating advice and this book makes the most sense to me. Easy to apply to all troublesome relationships it shows you how to decipher the underlying problems you may have had in your close relationships. It also shows you how to choose

better friends and partners to limit dissatisfaction in relationships. It shows you how you can manoeuvre close relationships you already have that are attachment style mismatches. You can do all of this while still being true to your basic nature, unlike relationship advice that promotes you to squash your basic desires leading you to unhappiness because your needs are rarely met. I highly recommend this book to anyone seeking better relationships in all parts of life.

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