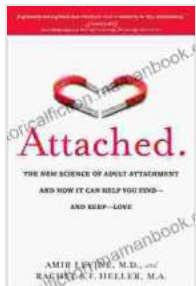


The New Science of Adult Attachment and How It Can Help You Find and Keep Love



Attached: The New Science of Adult Attachment and How It Can Help You Find—and Keep—Love: The New Science of Adult Attachment and How It Can Help You Find--and Keep-- Love by Amir Levine

★★★★☆ 4.7 out of 5

Language	: English
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Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 304 pages



We all want to find and keep love, but it can be hard to know where to start. The good news is that there is a new science of adult attachment that can help you understand your own attachment style and how it affects your relationships.

Attachment theory is a psychological theory that explains how we form close relationships with others. It was first developed by John Bowlby in the 1950s, and it has since been expanded upon by other researchers.

According to attachment theory, we all have an innate need to form close, lasting relationships with others. These relationships provide us with

security, comfort, and support. They help us to feel loved, valued, and accepted.

Our attachment style is shaped by our early experiences with our caregivers. If our caregivers were responsive and supportive, we are more likely to develop a secure attachment style. If our caregivers were neglectful or abusive, we are more likely to develop an insecure attachment style.

There are three main attachment styles: secure, anxious, and avoidant.

- **Secure attachment:** People with secure attachment styles are comfortable with intimacy and closeness. They are able to trust others and rely on them for support. They are also able to express their emotions openly and honestly.
- **Anxious attachment:** People with anxious attachment styles are often worried about being abandoned or rejected. They may be clingy and needy, and they may have difficulty trusting others. They may also be afraid of intimacy and closeness.
- **Avoidant attachment:** People with avoidant attachment styles are uncomfortable with intimacy and closeness. They may be emotionally distant and they may have difficulty forming close relationships. They may also be afraid of being controlled or smothered.

Our attachment style can have a significant impact on our relationships. People with secure attachment styles are more likely to have healthy, lasting relationships. People with insecure attachment styles are more likely to experience relationship problems, such as conflict, infidelity, and breakups.

If you are struggling in your relationships, it is important to understand your own attachment style. This can help you to identify the patterns in your relationships and to make changes that will help you to find and keep love.

There are a number of things you can do to improve your attachment style. These include:

- **Therapy:** Therapy can help you to understand your attachment style and to develop new coping mechanisms for dealing with relationship problems.
- **Self-help books:** There are a number of self-help books available that can help you to learn about attachment theory and to improve your attachment style.
- **Support groups:** Support groups can provide you with a safe and supportive environment in which to share your experiences and to learn from others.

Improving your attachment style takes time and effort, but it is worth it. By understanding your own attachment style, you can make changes that will help you to find and keep love.

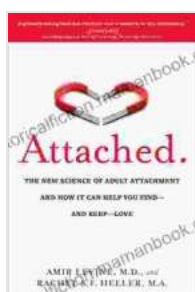
Here are some additional tips for finding and keeping love:

- **Be yourself:** The best way to find someone who is right for you is to be yourself. Don't try to be someone you're not, because people will be able to tell.
- **Be open to new experiences:** Don't be afraid to try new things and meet new people. The more people you meet, the more likely you are

to find someone who is compatible with you.

- Be patient: Finding love takes time. Don't get discouraged if you don't meet the right person right away. Just keep putting yourself out there and eventually you will find someone who is perfect for you.

Finding and keeping love is not always easy, but it is possible. By understanding your own attachment style and by following these tips, you can increase your chances of finding and keeping love.



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