



**Attached: Summary of the Key Ideas - Original Book by Amir Levine, Rachel Heller: The New Science of Adult Attachment and How It Can Help You Find - and Keep - Love**

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## **Attached: Summary of the Key Ideas - Original Book by Amir Levine, Rachel Heller: The New Science of Adult Attachment and How It Can Help You Find - and Keep - Love** Evolvo

Attachment theory is not only important to understand the relationship between a child and his/her parents, but can also be applied to romantic relationships. It can help couples understand each other better and explains why some people are more comfortable with getting close, while others prefer to remain distant, and how to deal with such behavior.

Who should read this book:

- People in the dating phase who want to find out whether they should give a relationship another chance or break it off.
- Couples interested in learning how to avoid and resolve conflicts.
- Anyone in a relationship who wants to know more about the different attachment styles.

In this summary:

Chapter 1: Our relationships are influenced by different attachment styles

Chapter 2: Identify your own attachment style

Chapter 3: Find out what your partner's attachment style is

Chapter 4: First attachment style: anxious

Chapter 5: Second attachment style: avoidant

Chapter 6: Third attachment style: secure

Chapter 7: Try not to fall into the anxious-avoidant trap

Chapter 8: What to do when the problems cannot be resolved

Chapter 9: Principles for effective communication

Chapter 10: How to deal with conflicts the right way

Chapter 11: Final Summary

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**Clarice Johnson:**

Now a day folks who Living in the era wherever everything reachable by connect with the internet and the resources inside it can be true or not need people to be aware of each facts they get. How individuals to be smart in acquiring any information nowadays? Of course the correct answer is reading a book. Looking at a book can help men and women out of this uncertainty Information especially this Attached: Summary of the Key Ideas - Original Book by Amir Levine, Rachel Heller: The New Science of Adult Attachment and How It Can Help You Find - and Keep - Love book as this book offers you rich info and knowledge. Of course the knowledge in this book hundred per cent guarantees there is no doubt in it you probably know this.

**Beverly McClendon:**

Typically the book Attached: Summary of the Key Ideas - Original Book by Amir Levine, Rachel Heller: The New Science of Adult Attachment and How It Can Help You Find - and Keep - Love has a lot of information on it. So when you read this book you can get a lot of gain. The book was authored by the very famous author. The author makes some research prior to write this book. This particular book very easy to read you may get the point easily after looking over this book.

**Marilyn McDermott:**

Why? Because this Attached: Summary of the Key Ideas - Original Book by Amir Levine, Rachel Heller: The New Science of Adult Attachment and How It Can Help You Find - and Keep - Love is an unordinary book that the inside of the guide waiting for you to snap that but latter it will shock you with the secret the item inside. Reading this book close to it was fantastic author who write the book in such amazing way makes the content on the inside easier to understand, entertaining method but still convey the meaning entirely. So , it is good for you for not hesitating having this anymore or you going to regret it. This book will give you a lot of positive aspects than the other book get such as help improving your proficiency and your critical thinking means. So , still want to hold up having that book? If I had been you I will go to the book store hurriedly.

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