

Wired For Love How Understanding Your Partners Brain And Attachment Style Can Help You Defuse Conflict And Build A Secure Relationship

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The good news is that most people's minds work in predictable ways and respond well to security, attachment, and rituals, making it possible to actually neurologically prime the brain for greater love and fewer conflicts. Wired for Love is a complete insider's guide to understanding your partner's brain and enjoying a romantic relationship built on love and trust. Synthesizing research findings on how and why love lasts drawn from neuroscience, attachment theory, and emotion regulation ...

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Amazon.com: Wired for Love: How Understanding Your Partner ...

Wired for Love is an innovative guide to understanding your partner's brain and enjoying a romantic relationship built on love and trust. Synthesizing research findings drawn from neuroscience, attachment theory, and emotion regulation, this book presents ten guiding principles that can improve any relationship.

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Wired for Love uses neuroscience, psychology, attachment theory, and anecdotes to demonstrate that any couple can be happy and find fulfillment in one another if they take the right steps, allow themselves to be vulnerable, and invest the effort.

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Wired for Love is a complete insider's guide to understanding a partner's brain and promoting love and trust within a romantic relationship. Readers learn ten scientific principles they can use to avoid triggering fear and panic in their partners, manage their partners' emotional reactions when they do become upset, and recognize when the brain's threat response is hindering their ability to act in a loving way.

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Wired for Love is a complete insiders guide to understanding your partners brain and enjoying a romantic relationship built on love and trust. Synthesizing research findings on how and why love lasts drawn from neuroscience, attachment theory, and emotion regulation, this book presents ten guiding principles that can improve any relationship.

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Wired for Love: How Understanding Your Partner's Brain and Attachment Style Can Help You Defuse Conflict and Build a Secure Relationship Stan Tatkin PsyD MFT. 4.6 out of 5 stars 597. Paperback. \$16.16. Attached: The New Science of Adult Attachment and How It Can Help You Find - and Keep - Love

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Wired for Love is a guide to understanding your partner's brain and promoting love and trust within a romantic relationship. Stan teaches ten scientific principles you can use to avoid triggering fear and panic in your partner, manage your partner's emotional reactions when they do become upset, and recognise when the brain's threat response is hindering your ability to act in a loving way.

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