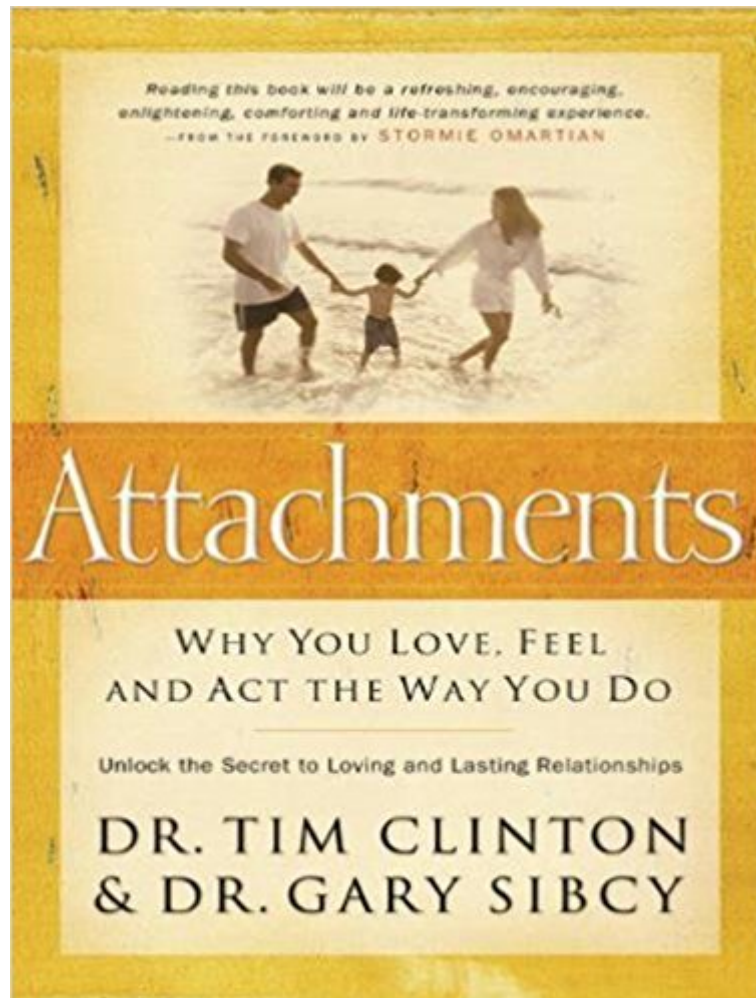




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# Attachments: Why You Love, Feel, And Act The Way You Do



## Synopsis

The answer to why people feel and act the way they do lies in the profound effect of a child's bonding process with his or her parents. How successfully we form and maintain relationships throughout life is related to those early issues of "attachment." The author has cited four primary bonding styles that explain why people love, feel, and act the way they do. This book is for anyone who desires closeness, especially in the most intimate relationships: marriage, parenting, close friends, and ultimately with God.

## Book Information

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## Customer Reviews

"Offer[s] useful insights. . . . it reminds us of the need to make one's relationship with God one of utter dependence." ---Christian Counseling & Educational Foundation

Dr. Tim Clinton is president of the American Association of Christian Counselors. A professor of counseling and pastoral care at Liberty University, he also serves as the executive director of Liberty University's Center for Counseling and Family Studies. Dr. Gary Sibcy is a professor of counselor education at Liberty University. A licensed clinical psychologist, he has educated, trained, and supervised counselors for over fifteen years. Christopher Solimene approaches voice art with a lifetime of experience and passion as a director, producer, performer, and educator. Studying story during a recently earned master's degree from Yale University, Chris appreciates the enriching qualities that story brings to enlightening each individual.

Wonderful book! I started seeing a therapist and she told me I had an attachment disorder. She recommended this book. I thought she was crazy but after I read this book I realized she was right. This book is a must read for everyone. It shows you how events in your life can cause you to react the way you do. I always thought I was different because I have a hard time connecting with people on a personal level. I tend to be a loner most of the time and don't feel like I belong. This book really helped me see why I am this way! It also helps me understand how to create a secure attachment if I ever do have children of my own.

As a psychologist I forget just how many copies of this book that I have bought on and given away to those struggling or having a loved one struggling with relationship issues. Forget all those other 'self help' or 'relationship' books this is the text for living life in a healthy way every day.

This book is easy to understand and shows how our parents have impacted us as adults. Our parents, who were imperfect people doing the best they could, all had faults and those faults have wounded most of us. Those wounds created habits and personality traits in you that can be destructive to you and those around you-especially your spouse. You will be relieved to realize that you are not the only one who is messed up and once you have identified some of those triggers and where they come from you can start to heal from those wounds. I enjoyed it and ordered one for my sister, who shares many of the same destructive habits that I do because we shared the same parents.

This book walks through different personal experiences as well as experiments to explain and how and why attachment theory plays a role in our lives. It lays the theoretical foundation for fundamental connections people form and will help develop a better understanding of individuals who may not have secure attachment styles and provide a path toward it. If you are securely attached (or believe that you are) this book is an excellent resource to better understand and help those whom you love who may not have formed secure attachment styles (around half of all people have formed insecure attachment styles).

It helped me to look into how I form, or keep attachments and I can see in many cases how it all ties back to my youth. Definitely gave me food for thought and a desire to tweak some things. Truly made me ponder a bunch.

This book is filled with truth. It helped me see lies from my past and set me on a path to healing. I highly recommend this book for anyone who has had a troubled childhood and is looking to get emotionally healthy.

Great book: helps explain the lingering bad emotions/limiting decisions that get passed on from parents to their children. As an NLP practitioner, I recognized how this impacts others as well as myself!

It does a impressive job explaining why many couples end up in conflict and why many romantic relationships that begin with promise nevertheless fail. Satisfying first fact: Until now it's not your fault, it really was how you were raised. After reading the book and learning who you really are now, it will be your fault in the future if you don't change.

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