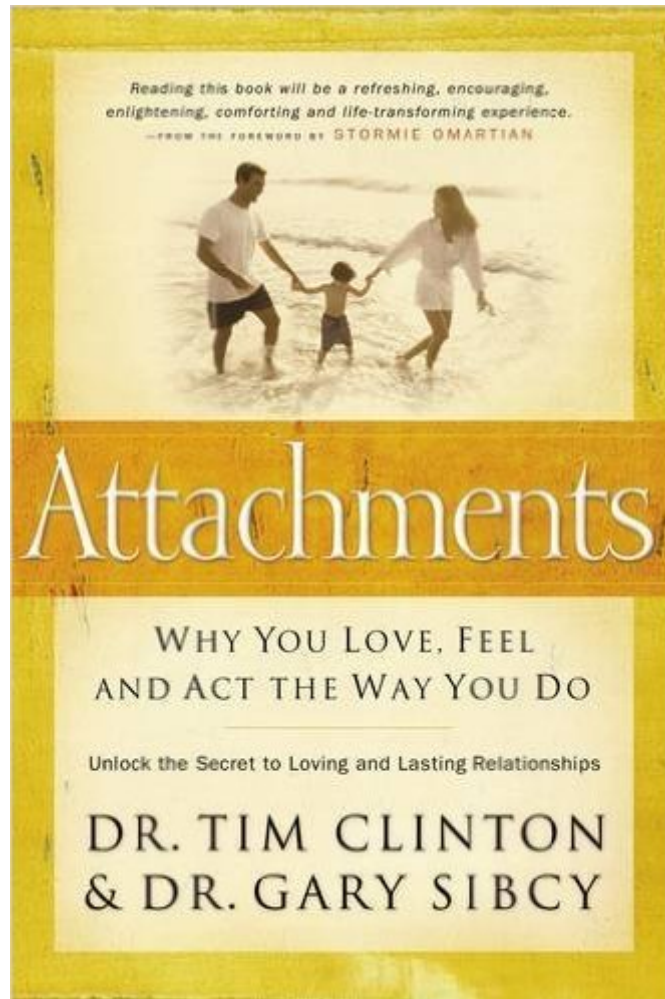


The book was found

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



Synopsis

At some point in life, most people wonder why they feel and act the way they do. They're sometimes puzzled by their inability to connect or even get along with those who mean the most to them. The answer to this mystery 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 the early issues of "Attachment." The authors have sited four primary bonding styles that explain why people love, think, feel and act the way they do. Attachments gives the reader the understanding and the tools to steer away from negative patterns of relating. This book is for anyone who desires closeness, especially in the most intimate relationships: marriage, children, close friends and ultimately with God.

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Customer Reviews

My fiancée and I have read a lot of books about relationships. Most of them cover the same old stuff--mostly superficial and entertaining at best. This book is unlike any other. We've really discovered both how and why we relate the way we do. This book is a journey into your heart and soul. It brings spirituality alive, showing how God is the 'ultimate attachment figure.' It's important to note that even though Christian spirituality is a central theme in this book, its coverage of attachment and its analysis of how we learn to love, stands alone. You can get a wealth of powerful information from this book even if you aren't religious. The book covers the different styles of attachment and how they affect the way you love others. These styles begin in early childhood and

influence us throughout life. The authors highlight a crucial point: How we handle our feelings mirrors how we handle our relationships. If you keep your feelings at a distance, you probably do the same with close relationships. If your feelings are chaotic, most likely, your relationships are too. The chapters on understanding and healing emotional storms and on healing wounded attachment bonds have literally transformed the way I relate to those I love the most. This is a must-read book for those serious about love and relationships.

You learned about love when you were a baby. The bad news is that you probably learned some painful lessons. The good news is, there is hope for you to learn something closer to the truth. Attachment research (summarized in this book) shows that babies' interactions with their mothers (and fathers, although more research is needed in this area) during infancy teach them that either they are worthy of love and will receive it... or they're not and they won't. This simple lesson impacts the rest of these babies' lives in a million subtle ways they probably do not even realize. If you see self-defeating patterns (for example, self-bashing, other-bashing, caring remarks replaced by aggressive ones) in your love-seeking or someone else's love-seeking, but you have no idea why, this book may explain to you the old scripts that you're reading from. It will give you answers for the problems, too. The second half of the book talks about how to cultivate a relationship with God that can teach you how to love and be loved without all the childhood baggage. The path for healing takes time but IS possible. I needed to hear that message. How about you?

This book is well written. It is an excellent summarization of prior attachment work (Bowlby, etc.). In addition, this book offers some pretty practical strategies for attending to your particular attachment style. This is a useful tool for anyone (counseling professionals and not)...especially for those who are interested in enhancing their personal relationships.

"Attachments" is a sensitively written and encouraging book. I also found it somewhat painful as I saw myself or those I care about in the chapters. To get the most of the material you need to be open and willing to take steps of change. This book would be especially good as small group material or read with a partner.

The most valuable section was the chapter pertaining to the Disorganized attachment style. That chapter speaks about abuse in all of its forms and really outlines and explains it a clear way. I'd never really put together that I really was abused and how I was, because it came from my mother

and sister and not primarily my father I'd neglected calling the fights with the women in my family (when I was younger) as legitimate abuse. The book is much longer than I think it needs to be, but it is good that they include a chapter at the end of the book on parenting and a chapter on marriage and how the different forms of attachment effect those areas of life as well. The book really did help me to understand my situation a lot better. The book promises to help you find the secure attachment style, and while I see the efforts made to do that within the book, I think the clearest thing the book does is to get you to understand the way you attach and form relationships with people around you- though maybe not actually obtaining a better way of doing things, you're at least more transparent about your own situation by the time you finish the read.

It's got a REALLY heavy Christian slant which is fine if you are of this persuasion. However, some very good writing and very helpful insights. Again if you can overlook the Christian slant it's a good book.

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.

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