

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

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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 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 audiobook presents 10 guiding ...

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Every person is wired for love differently, with different habits, needs, and reactions to conflict. 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 a partner's brain and promoting love and trust within a romantic relationship.