

**ATTACHED: THE NEW SCIENCE OF ADULT
ATTACHMENT AND HOW IT CAN HELP
YOU FIND? AND KEEP? LOVE BY AMIR
LEVINE, RACHEL HELLER**



Attached.

THE NEW SCIENCE OF ADULT ATTACHMENT

AND HOW IT CAN HELP YOU FIND—

AND KEEP—LOVE

AMIR LEVINE, M.D. *and*
RACHEL S.F. HELLER, M.A.

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Review

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Is there a science to love?

In this groundbreaking book, psychiatrist and neuroscientist Amir Levine and Rachel S. F. Heller reveal how an understanding of attachment theory—the most advanced relationship science in existence today—can help us find and sustain love. Attachment theory forms the basis for many bestselling books on the parent/child relationship, but there has yet to be an accessible guide to what this fascinating science has to tell us about adult romantic relationships—until now.

Attachment theory owes its inception to British psychologist and psychoanalyst John Bowlby, who in the 1950s examined the tremendous impact that our early relationships with our parents or caregivers has on the people we become. Also central to attachment theory is the discovery that our need to be in a close relationship with one or more individuals is embedded in our genes.

In *Attached*, Levine and Heller trace how these evolutionary influences continue to shape who we are in our relationships today. According to attachment theory, every person behaves in relationships in one of three distinct ways:

***ANXIOUS** people are often preoccupied with their relationships and tend to worry about their partner's ability to love them back.

***AVOIDANT** people equate intimacy with a loss of independence and constantly try to minimize closeness.

***SECURE** people feel comfortable with intimacy and are usually warm and loving.

Attached guides readers in determining what attachment style they and their mate (or potential mates) follow. It also offers readers a wealth of advice on how to navigate their relationships more wisely given their attachment style and that of their partner. An insightful look at the science behind love, *Attached* offers readers a road map for building stronger, more fulfilling connections.

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Most helpful customer reviews

17 of 17 people found the following review helpful.

Should be required reading!

By Paul McCloud

This book really should be required reading for anyone BEFORE they get into a relationship! I've recommended this book to many friends now and every time I recommend the book I make a joke about how humbling it was to read this book. Let me explain.

I've always considered myself, like most people probably do, to be a complicated, layered individual...unable to be boxed in or defined by a particular group or belief system!....then I read this book. Never before had I stumbled upon a psychological model that better described my actions, both in and out of the relationship context. With this new found knowledge I was able to objectively identify, understand and eventually begin to correct certain destructive emotional and psychological patterns within the relationship context. That ability has been incredibly important in my most recent relationship...something that I probably would have stepped away from had I not read this book and understood my avoidant attachment style.

The reason I gave this four stars is because the book was so focused on individuals that were NOT in a relationship. My relationship is the classic avoidant & anxious combination. Yet we decided to leverage this new found knowledge to do the hard work necessary for us to achieve a secure / secure relationship! I do believe this is possible, though hard work, and I have seen results first hand in my relationship that support that theory. However, I would have loved to see a greater portion of this book dedicated to exercises and tools that couples could use who are in the very situation that this book is encouraging you and teaching you to avoid when possible.

7 of 7 people found the following review helpful.

life changing book for me!!!

By jlf

This is so relevant and easy to understand that I read it in 2 days. I can be a very anxious partner, afraid to say anything that might rock the boat. And I can be so anxious that my friend, who is pretty secure, becomes avoidant. "not this again, here we go again" is how he sometime feels with my constant insecurity.

The 3rd day after getting the book, my friend was feeling stressed and was a tiny bit critical, and I do admit that what I said was poorly worded and warranted his response. but I was afraid this would become the new norm, even though 2016 has been a better year for us. So I told him that I read in the book that when I feel anxious, I need to deal with it by myself, so I could go play cards and he could go home and have some time for himself. He said that sounded good, and then added, "unless it can't be resolved." Because I hadn't been

critical of him, he felt safe offering to listen.

The first 30 minutes was his monologue about his own issues that he argues with himself about. I wondered if I was going to get to talk at all! But he wasn't being critical about me, he needed to say all that stuff about himself and his issues, and then he felt safe enough to listen. I was able to minimize my comments from being critical, labeling them as my fears, things I didn't know how to respond to in a helpful way, etc. Many things, he said he could see why I felt that way, or why it was confusing. He did mention things he does for me because he cares, but he didn't feel defensive, it was a conversation. Since I didn't blame him for my insecurities, I could even say why some things didn't seem fair without him feeling attacked. After 3 hours of super communication, we went out to for ice cream to celebrate.

And my challenge continues, as an intimacy junkie, I need to find ways to be intimate that make him feel good, not just intimate as in problem solving.

13 of 14 people found the following review helpful.

I absolutely love this book

By Amazon Customer

I absolutely love this book! As someone who is particularly cerebral and not always in touch with his emotions, I found that this book made sense out of MOST my emotional experience throughout my life. As someone with an anxious attachment style, it helped me understand who I was and am, and it let me know that my deepest need as a human being to connect with a special someone is indeed legitimate, as is my need to be reassured in the context of a relationship based on my not-so-ideal former experiences. This book has taught me not only how to have a relationship, even though I once believed I was doomed, and provided deep affirmation in the dark crevices of my heart where I thought no light could shine, it also taught me how to be more authentic in all aspects of life, winning friends and mentors along the way. I cannot highly recommend this book enough, and I have even purchased copies for friends and family. Even almost two years later, I find that I am STILL learning great things from this book, and it indeed distills the finest scholarship of attachment and professional advice on communication I have EVER read. Buy it!

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