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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



Synopsis

"What the heck is my partner thinking?" is a common refrain in romantic relationships and with good reason. 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 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 principles that can improve any relationship.

Book Information

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Customer Reviews

How I wish I had a resource like this years ago when I was struggling with my marriage. I've read a number of relationship tune-up books throughout the years, and each helped somewhat. It was very encouraging to see those same familiar authors (Hendrix, Gottman, Perel, etc.) offering praise for Dr. Tatkins work at the get go. And the fact that he's put so much good information into a book that is less than 200 pages is a testament to his organized approach, which was friendly, playful, and effective. The explanations and exercises in the book proved to me for the first time that it's not just about doing positive things for your partner, and "thinking" about the relationship, but rather there are automatic responses that mess with a relationship no matter how much "thinking" we do. What a relief to know that problems can come from our biological wiring as well as our attachment history,

and they can be easily managed once you know what to look for! While it was a relief to learn how these neurological autopilots can be tamed, it makes me sad to realize I mostly didn't know what my brain was doing when in past relationships in an effort to feel safe, which now seems tragic. Like I said, I wish I had this book sooner. By distilling a great deal of research into understandable language, Dr. Tatkin has laid out a path to intimacy that I'd not seen before but now, makes so much sense. I dare say he has improved my concept of what being in love should look and feel like. Frankly, it feels MUCH better than I ever could have imagined. No matter how good you think your relationship is, get this book!

This is an important book for anyone in a committed relationship. It takes the the questions of: "Why do I push him/her away when all I really want is to be close" and "What's wrong with him/her that he/she just doesn't get me?" and "What's wrong with me that I am so difficult to love". Stan Tatkin's theory of how to make relationships go from distressed to safe and connected is grounded in science, but no need to worry about this read being too brainy. The author uses examples and metaphors that make this an interesting and valuable book for anyone wanting a better relationship and for that matter for anyone wondering what is important to focus on when getting into a long lasting secure relationship. As couples therapist, I require all my clients to read this book. Cynthia Eddings

Love and connection is essential to our health and wellbeing throughout our life. Couples, despite their best intention, often fail to preserve the bonds of support, safety and connectedness that we all desire and need to survive and thrive in a difficult world. In this book Stan Tatkin offers individuals and couples a lens through which to view relationships that is very much needed in lay and professional circles. Often well meaning self help books, counselors, healing professionals and friends encourage strategies that inadvertently widen the divide between couples. In our Western society we are prided on independence and separateness. Needing others is often seen as weakness or codependence. . . even though current neuroscientific understandings and brain research is proving otherwise. In simple and easy to understand language Stan brings relevant neuroscientific discoveries to the kitchen table. For couples struggling to preserve the bonds of intimacy, connection and support this understanding alleviates much misunderstanding and personal suffering. Understanding how our early subconscious imprinting of relationships are formed provides a lens with which to view relational difficulties non pathologically. It is a hopeful book which bypasses the narrative story which often binds couples in an ever ending cycle of conflict, misunderstanding

and hurt. Making relationships succeed requires work and Stan challenges us to take responsibility for understanding ourselves and our partners nervous system and move beyond the limited concepts of codependency that often divide us from the very connections and bonds we need and desire! Highly recommended for every individual, couple and healing professional! Thank you Stan! Brian J. Whelan, LCSW, CST, SEP Boulder, CO

This was such an easy book to read. The concepts were explained clearly and there were anecdotes about working and non-working relationships which made it easy to understand the principles in action. I'd bought this book to help me develop characterisation in the fiction I write, but ended up getting lots of relationship tips for myself! My only quibble was that the tables were unreadable on Kindle (the text inside them didn't enlarge when the rest of the text did) so I hope there wasn't anything vital in them, because they were too small to read! And I'd also have liked to see some justification from the author on why he thought it was "best practise" to create a relationship between two people who pretty-much relied solely on each other for emotional support. What happens when one dies? I'd have liked to understand why he thought it was a better idea to create a fortress around the couple, than to spread emotional support among other friends/family. Of course, I'm an Island (you'll get this when you read the book) so that might explain my perspective! Definitely worth more than the money you pay for it, this book will enrich your understanding of why some couples survive and others divorce.

He's an island and I am a wave. After reading this book I realized the way we get into trouble with each other is when one or both of us has let our primitives run wild. We each just thought the other was being difficult. We are working through the book trying some of the exercises. I am feeling more hopeful.

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