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when the brain's threat response is
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Wired for Love uses neuroscience,
psychology, attachment theory, and

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anecdotes to demonstrate that any couple can be happy and find fulfillment in one another if they take the right steps, allow themselves to be vulnerable, and invest the effort.

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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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Wired for Love is a complete insider's guide to understanding your partner's brain and enjoying a romantic relationship built on love and trust. Synthesizing research findings on how and why love lasts drawn from neuroscience, attachment theory, and emotion regulation, this book presents ten guiding principles that can

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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

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"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,

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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. Readers learn ten scientific principles they can use to avoid triggering

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fear and panic in their partners, manage their partners' emotional reactions when they do become upset, and recognize when the brain's threat response is hindering their ability to act in a loving way. By learning to use simple gestures and words, readers can learn to put out emotional fires and help their partners feel more safe and

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secure. The no-fault view of conflict in
this book encourages readers to move past
a ""warring brain"" mentality and toward a
more cooperative ""loving brain""
understanding of the relationship. Based in
the sound science of neurobiology,
attachment theory, and emotion regulation
research, this book is essential reading for

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Partners and others interested in understanding the complex dynamics at work behind love and trust in intimate relationships.

"What the heck is my partner thinking?" is a common refrain in romantic relationships, and with good reason. Every

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is a complete insider's guide to understanding your partner's brain and enjoying a romantic relationship built on love and trust. Synthesizing research findings on how and why love lasts drawn from neuroscience, attachment theory, and emotion regulation, this book presents ten guiding principles that can improve any

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Partnership. Strengthen your relationship

by: • Creating and maintaining a safe
“couple bubble” • Using morning and
evening rituals to stay connected •

Learning to fight so that nobody loses •

Becoming the expert on what makes your
partner feel loved By learning to use
simple gestures and words, readers can

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Partner's Brain And help
their partners feel more safe and secure.

The no-fault view of conflict in this book
encourages readers to move past a

"warring brain" mentality and toward a
more cooperative "loving brain"

understanding of the relationship. This
book is essential reading for couples and

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Partners Brain understanding the complex dynamics at work behind love and trust in intimate relationships. While there's no doubt that love is an inexact science, if you can discover how you and your partner are wired differently, you can overcome your differences to create a lasting intimate connection.

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In the age of online dating, finding a real connection can seem more daunting than ever! So, why not stack the odds of

finding the right person in your favor?

This book offers simple, proven-effective principles drawn from neuroscience and attachment theory to help you find the

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perfect mate. Everybody wants someone to love and spend time with, and searching for your ideal partner is a natural and healthy human tendency. Just about everyone dates at some point in their lives, yet few really understand what they're doing or how to get the best results. In *Wired for Dating*, psychologist and

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Partnership expert Stan Tatkin—author of *Wired for Love*—offers powerful tips based in neuroscience and attachment theory to help you find a compatible mate and go on to create a fabulous relationship. Using real-life scenarios, you'll learn key concepts about how people become attracted to potential partners, move

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toward or away from commitment, and the important role the brain and nervous system play in this process. Each chapter explores the scientific concepts of attachment theory, arousal regulation, and neuroscience. And with a little practice, you'll learn to apply these exercises and practical techniques to your dating life. If

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you're ready to get serious (or not!) about dating, meet your match, and have more fun, this book will be your guide.

“If you and your prospective partner adopt the principles and skills I describe here, your relationship will be successful—not just for starters, but for the long run.” An

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indispensable guide for any couple ready to set the foundation for a loving and lasting union. Committing fully to a loving partnership—a “we”—can be one of the most beautiful and fulfilling experiences you’ll ever have. Yet as anyone in a long-term relationship will tell you, it can also be one of the most challenging. Almost

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half of all first marriages end in divorce, and chances go down from there. So how do you beat the odds? “All successful long-term relationships are secure relationships,” writes psychotherapist Stan Tatkin. “You and your partner take care of each other in a way that ensures you both feel safe, protected, accepted, and secure

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at all times.” In *We Do*, Tatkin provides a groundbreaking guide for couples. You’ll figure out whether you and your partner are right for each other in the long term, and if so, give your relationship a strong foundation so you can enjoy a secure and lasting love. Highlights include: Create a shared vision for your relationship, the key

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to a strong foundation It's all about
prevention—learn tools and techniques for
preventing problems before they occur
Understand how to work with the
psychological and biological influences in
your relationship—neuroscience, arousal
regulation, attachment theory, and more
Numerous case studies with helpful

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Partners of healthy and unhealthy interactions, sample dialogues, and reflections Dozens of exercises—the newlywed game, reading facial expressions, and many more fun and serious practices to develop intimacy and security Handling conflict—how to broker win-win outcomes Build a loving

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Partnership that helps you thrive and grow as both individuals and a couple Common interests, physical attraction, shared values, and good communication skills are the factors most commonly thought to indicate a good partnership. Yet surprisingly, current research reveals that these are only a small part of what makes

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Partner's Brain—And much more important are psychological and biological influences. With *We Do*, you'll learn to navigate these elements and more, giving your relationship the best possible chance to succeed.

From the world's foremost neuroscientist

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of romantic love comes a personal story of connection and heartbreak that brings new understanding to an old truth: better to have loved and lost than never to have loved at all. At thirty-seven, Dr. Stephanie Cacioppo was content to be single. She was fulfilled by her work on the neuroscience of romantic love—how

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finding and growing with a partner literally reshapes our brains. That was, until she met the foremost neuroscientist of loneliness. A whirlwind romance led to marriage and to sharing an office at the University of Chicago. After seven years of being inseparable at work and at home, Stephanie lost her beloved husband, John,

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following his intense battle with cancer. In
Wired for Love, Stephanie tells not just a
science story but also a love story. She
shares revelatory insights into how and
why we fall in love, what makes love last,
and how we process love lost—all
grounded in cutting-edge findings in brain
chemistry and behavioral science. Woven

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through it all is her moving personal story, from astonishment to unbreakable bond to grief and healing. Her experience and her work enrich each other, creating a singular blend of science and lyricism that's essential reading for anyone looking for connection.

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Partners Neuroscience and couples therapy come together to help couples break patterns of bad behavior. What happens between partners that makes love turn to war? How can couples therapists help deescalate the battles? Two leading therapists apply the latest neuroscience research on emotional arousal to help couples regulate each

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By Solomon and Tatkin in this book is sure to transform the way clinicians understand and treat couples in therapy.

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“Over a decade after its publication, one book on dating has people firmly in its grip.” —The New York Times We already rely on science to tell us what to eat, when to exercise, and how long to sleep. Why not use science to help us improve our relationships? In this revolutionary book, psychiatrist and neuroscientist Dr. Amir

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Partners and Rachel Heller scientifically explain why some people seem to navigate relationships effortlessly, while others struggle. Discover how an understanding of adult attachment—the most advanced relationship science in existence today—can help us find and sustain love. Pioneered by psychologist

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John Bowlby in the 1950s, the field of attachment posits that each of us 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

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independence and constantly try to
minimize closeness. • Secure people feel
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warm and loving. Attached guides readers
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in determining what attachment style they
and their mate (or potential mate) follow,
offering a road map for building stronger,
more fulfilling connections with the

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"This guide reveals how writers can take advantage of the brain's hard-wired responses to story to captivate their readers' minds through each plot element" --Provided by publisher.

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It's time to say **NO** to trying to fit square-peg kids into rounds holes, and **YES** to raising them from a place of acceptance and joy. Today millions of kids are stuck in a world that doesn't embrace who they really are. They are the one in five "differently wired" children with ADHD, dyslexia, giftedness, autism, anxiety, or

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Partner's neurodifferences, and their challenges are many. And for the parents who love them, the challenges are just as numerous, as they struggle to find the right school, the right support, the right path.

But now there's hope. *Differently Wired* is a revolutionary book—weaving together personal stories and a tool kit of expert

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Partners from author Deborah Reber, it's a how-to, a manifesto, and a reassuring companion for parents who can so often feel that they have no place to turn. At the heart of *Differently Wired* are 18 paradigm-shifting ideas—what the author calls “tilts,” which include how to accept and lean in to your role as a parent (#2:

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Get Out of Isolation and Connect). Deal with the challenges of parenting a differently wired child (#5: Parent from a Place of Possibility Instead of Fear).

Support yourself (#11: Let Go of Your Impossible Expectations for Who You “Should” Be as a Parent). And seek community (#18: If It Doesn’t Exist,

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Create It). Taken together, it's a lifesaving program to shift our thinking and actions in a way that not only improves the family dynamic, but also allows children to fully realize their best selves. "In this generous and urgent book, Deborah Reber lets the light in. She helps parents see that they're not alone, and even better, delivers a

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positive action plan that will change lives.” —Seth Godin, author of Linchpin
“Differently Wired will help parents of children who think differently to accept their child for who they are and facilitate their successful development.” —Temple Grandin, author of Thinking in Pictures and The Autistic Brain

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Has your romantic partner called you clingy, insecure, desperate, or jealous? No one wants to admit that they possess these qualities; but if you find yourself constantly on the alert, anxious, or worried when it comes to your significant other, you may suffer from anxious attachment, a

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fear of abandonment that is often rooted in early childhood experiences. In *Insecure in Love*, you'll learn how to overcome attachment anxiety using compassionate self-awareness, a technique that can help you recognize your negative thoughts or unhealthy behavior patterns and respond to them in a nurturing way—rather than

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Beating yourself up. You'll also learn how insecurity can negatively affect healthy dialog between you and your partner (or potential partners) and develop the skills needed to stop you from reverting back to old patterns of neediness and possessiveness. If you suffer from anxious attachment, you probably know that you

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need to change, and yet you have remained stuck. With compassionate self-awareness, you can successfully explore old anxiety-perpetuating perceptions and habits without being overwhelmed or paralyzed by them. By understanding the psychological factors at the root of your attachment anxiety, you will learn to

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cultivate secure, healthy relationships to last a lifetime. If you're ready to stop getting stuck in the same hurtful relationship patterns and finally break the cycle of heartache, this book can show you how to get the love you deserve—and keep it!

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