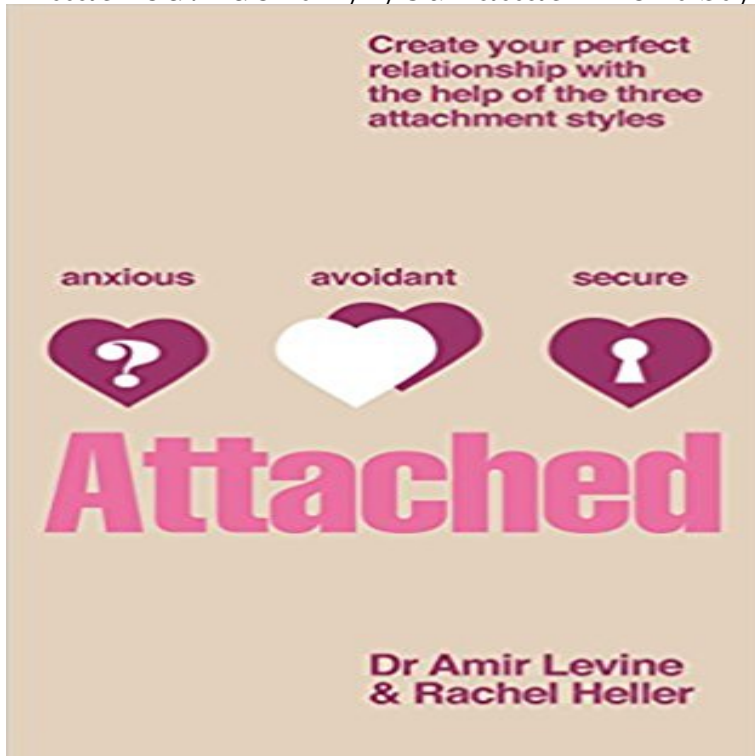


## Attached: Identify your attachment style and find your perfect match



We now know that the desire to become attached to a partner is a natural human drive - not a weak attribute of clingy females, as some would argue! And according to the new science of attachment, 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 partners ability to love them back. - AVOIDANT people equate intimacy with a loss of independence and constantly try to minimise closeness. - SECURE people feel comfortable with intimacy and are usually warm and loving. Dr Amir Levine and Rachel Heller help you understand the three attachment styles, identify your own and recognise the styles of others so that you can find compatible partners or improve your existing relationship. Packed with fascinating psychology and case studies from successful - and unsuccessful - couples you can discover how to avoid the Anxious-Avoidant trap, why Secures can partner any type and how to love the Secure way. Attached is your road map to the perfect match and lasting love

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