

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

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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 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.

Wired for Love: How Understanding Your Partner's Brain Can ...

Wired for Love uses neuroscience, psychology, attachment theory, and 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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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.

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