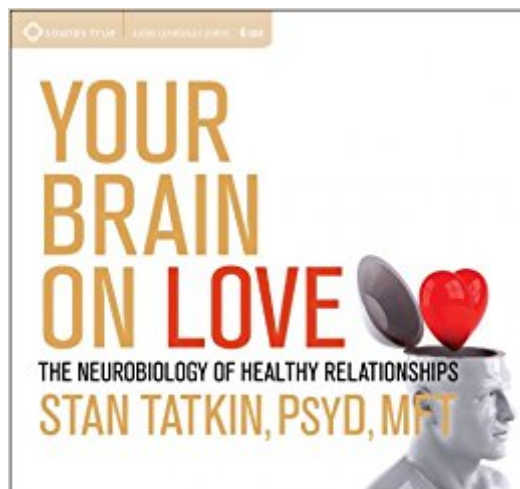




The book was found

Your Brain On Love : The Neurobiology Of Healthy Relationships



Synopsis

"Understand your brain, improve your relationships." That's what Stan Tatkin has learned from his leading-edge work as a researcher and couples therapist. In this complete audio learning program, he merges current insights from neurobiology and attachment theory to help us shift out of conflict and into deeper and more loving connections. Listeners first learn to identify attachment styles-the patterns of intimacy that begin in our earliest years-both in ourselves and in those around us. Then Tatkin guides us through his proven principles and practices for building enduring security and commitment between couples, family members, and others that we love.

Book Information

Audio CD

Publisher: Sounds True; 1 edition (July 1, 2013)

Language: English

ISBN-10: 1604079681

ISBN-13: 978-1604079685

Product Dimensions: 6.8 x 1 x 7 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 31 customer reviews

Best Sellers Rank: #204,081 in Books (See Top 100 in Books) #12 in Books > Books on CD >

Parenting & Families > Interpersonal Relations #119 in Books > Books on CD > Nonfiction

#1127 in Books > Self-Help > Relationships > Love & Romance

Customer Reviews

A leading scientist and couples therapist merges new insights from neurobiology and psychology to help us bring more love into our lives and relationships.

Stan Tatkin, PsyD, MFT, is a clinician, researcher, and author who integrates neuroscience, attachment theory, and current therapies. He practices in Calabasas, California, and directs training programs throughout North America and Europe. Stan Tatkin is the author of *Wired for Love*. For more information, visit www.stantatkin.com.

I am a fan and follower of Dr. Tatkin's research and couple's therapy approach. This set of CD's parallels and expands on information in his book, *Wired for Love*. His extemporaneous style of talking sometimes diverts attention from a core principle and makes it less clear, less easily

understood. Since I had read his book and follow his blogs I knew where he was going and could enjoy the journey.

Wonderful Insights clearly explained ways that our relationships are shaped by our brain chemistry and how it is impacted by our early years GREAT listen for insights

Great content. Very helpful. Highly recommend.

helpful

This is a must have book for anyone who is committed to having a lasting relationship.

A must for anyone wanting or working on relationship.

Excellent. My husband and I both listened to it during a long drive. He was reticent initially but then thought it was well worth listening to together. It allowed us to have some good conversations. I plan to buy it for my married children for Valentines Day.

My therapist recommended this to my husband and I and we found it really eye-opening and helpful. Attachment styles are really central in how couples relate, and Tatkin makes it simple and straightforward.

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