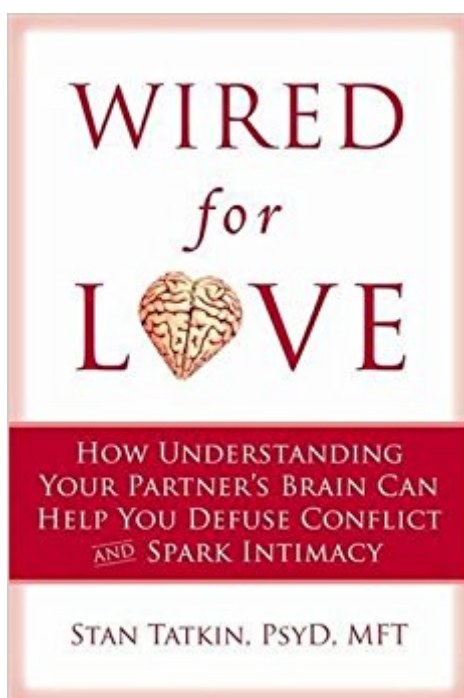


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# Wired For Love: How Understanding Your Partner's Brain And Attachment Style Can Help You Defuse Conflict And Build A Secure Relationship



## 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 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 relationship. 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 learn to put out emotional fires 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 others interested in 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.

## Book Information

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Which relationship style best reflects you or your partner?

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**Anchor** Secure as individuals. Willing to commit and fully share with

another. Generally happy people. Adapt easily to the needs of the moment. **Island**

Independent and self-reliant. Take good care of themselves. Productive and creative, especially

when given space. Low maintenance. **Wave** Generous and giving. Focused on taking care

of others. Happiest when around other people. Able to see both sides of an issue.

âœThis book is grounded in the latest brain science, as well as being wonderfully friendly, encouraging, and practical. It shows readers how to stay out of dead-end conflicts and instead light up the neural circuits of empathy, skillful communication, and love. A marvelous resource.â•â”Rick Hanson, PhD, author of *Buddha’s Brain*âœI really enjoyed this book and learned a lot from it that I can use as a therapist. Stan Tatkin is a great innovator. This book is a must for every couplesâ™ therapistâ™s library.â•â”John Gottman, author of *The Science of Trust*âœIf you feel lost, confused or alone in your relationship, get this book right now. You will finally make sense out of chaos and pain. This is your map to go from frustration and insecurity to realize the potential of why you initially got together. Stan Tatkinâ™s insightful book will teach you to work as a team to make your relationship journey safe, engaging, and deeply satisfying.â•â”Peter Pearson, PhD, couples therapy specialist and cofounder of The Couples Institute in Menlo Park, CAâœStan Tatkin shows how our couple relationships would look if we took seriously what attachment theory and neuroscience research has taught us.â•â”Dan Wile, author of *After the Honeymoon*âœWired for Love challenges partners to experience their relationship in a totally new way. Partners will learn how to engage positively as a couple to help each other feel safe and secure by following the relationship exercises suggested in this exciting new book. In clear, concise language, Tatkin describes the ways that partners can understand and become experts on one another. He suggests building a âœcouple bubbleâ• wherein each partner is the most important person in the otherâ™s life, the one individual on whom the partner can always count.â•â”Marion F. Solomon, director of clinical training at Lifespan Learning Institute and author of *Narcissism and Intimacy*, *Lean on Me*, and other booksâœRead this book to discover a multitude of new ways to enliven your relationship and end needless conflicts. Stan Tatkin is one of the most innovative thinkers in the couples relationship world today. It’s impossible to read this book without learning new patterns to enhance

your love. • • "Ellyn Bader, PhD, cocreator of the developmental model of couples therapy, codirector of The Couples Institute in Menlo Park, CA, and author of *Tell Me No Lies* and *In Quest of the Mythical Mate* • Reading Stan Tatkin's book makes you want to be in therapy with him. With intense and fearless clarity, he takes you into the trenches of the combative human brain and shows you how to make love, not war. • • "Esther Perel, LMFT, author of *Mating in Captivity*

Stan Tatkin, PsyD, is a clinician, researcher, teacher, and developer of the psychobiological approach to couple therapy. He teaches and supervises family medicine residents at Kaiser Permanente in Woodland Hills and lives with his wife and daughter in Calabasas, CA. Foreword writer Harville Hendrix, PhD, is a clinical pastoral counselor, cocreator of imago relationship therapy, and author of *Getting the Love You Want*.

As a psychologist working with couples, this is the best book for instruction on just what to do to create a securely attached relationship. That doesn't mean it's easy, though. In spite of that, it provides a view that couples can aspire to when they study other writers' works on how to improve relationships. Read them all!

As a therapist, I found this book very helpful in understanding the need for couples to bond completely in order to keep their relationship alive. Tatkin bases his research on premises that include current research on marital therapy as well as on neuropsychology. He provides ten basic premises for maintaining a good marriage. He speaks often of the 'couple bubble'. This is a way for couples to put one another first, to keep themselves a priority for one another in spite of all the influx of information and experiences that come their way. Couples need to form a bubble, a safe place where they are available to one another 24/7 and they attempt to fulfill their partner's needs in any way they can. It goes both ways and it is a protective device. I also liked his analogy of 'ambassadors' and 'primitives'. Ambassadors are the rational aspects of our brain that steer our relationship. The primitives are the more basic aspects of survival that most of us have been programmed for as children. It is more of a 'fight or flight' component that each of us has. There needs to be an understanding in ourselves of these two components of our brain and, more importantly, depending on our upbringing, we may need to work on understanding what makes our partner tick. The book is accessible to anyone, therapist or layman. The information is very helpful and can be used by any married couple. Therapists will be pleased to see that Tatkin quotes the most recent research and incorporates it in his book. I found this book very intuitive and have used

his suggestions in the therapy I already do. However, I have picked up some new ideas that I will surely incorporate in the future.

It feels so good to know how to be a better partner...it just makes life better. Stan Tatkin's book, "Wired for Love" is a supportive, informative, educational, and practical read showing you how to use your relationship to become a successful partner, heal each other in the process, and enjoy a more secure lovingly connected experience together. This book demystifies how we get into trouble in relationships and shines a light on the path of how to get through it. The concepts are well-informed, easy to follow, science based, and compassionate. As a licensed Marriage and Family Therapist, I use Stan Tatkin's research and information to effectively help couples in my private practice, and I have used it to become a much better partner myself. Couples wanting to make positive changes in their relationship can make use of the information and get started on the exercises presented in this book right away.

Stan has knocked one out of the park with his new book, Wired for Love. As a couples therapist, I am always looking for a framework, tools, and ideas to use with clients to help them get their relationship back on track to feeling safe and secure. Stan has laid out the critical characteristics of a healthy couple in an easy to read format, provided clear examples and even exercises to help create what he terms a "couple bubble". Going deeper than just tools or emotions, he has created a model of a secure relationship that we all want and laid out the map to get there. This one is a must read whether you are working on your relationship or are a therapist helping others.

This book gives great insight to anxious-avoidant relationships and in understanding how the brain is wired to respond a certain way and how with practice you can essentially learn to identify and stop your Brain's attachment autopilot before it becomes a problem. Next to Dr. Gary Chapman's 5 Love Languages this is one of the best relationship books I've read for diffusing conflict and building a more secure, loving, and understanding relationship.

Quick read with some solid information. You have to make it through the beginning of the book and the short stories to get to the most helpful information - so don't give up. A little simplistically written and some of the anecdotes feel extraneous. Overall, defines the principles of personality type and background well later in the book and a good couples read that doesn't create finger pointing or take too much time.

I loved how there were practical suggestions of things to try both alone and with a partner. I just wish I had read this back when my ex still my boyfriend but I am hopeful that it might make a big difference in my next relationship, whenever that might be.

I'm enjoying this book. My spouse and I are reading it together and it's really interesting way to think of things differently. I think it's well written and easy read for short blocks of time.

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