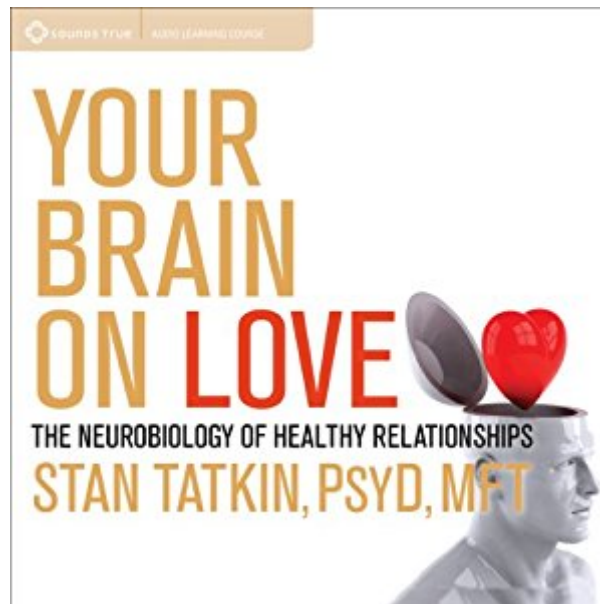


The book was found

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

Audible Audio Edition

Listening Length: 5 hours and 50 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Sounds True

Audible.com Release Date: June 26, 2013

Language: English

ASIN: B00DNFJG7C

Best Sellers Rank: #63 in Books > Parenting & Relationships > Family Relationships > Conflict Resolution
#162 in Books > Audible Audiobooks > Health, Mind & Body > Family & Relationships
#232 in Books > Parenting & Relationships > Marriage & Adult Relationships

Customer Reviews

I love this CD series. My partner and I could never break down the boundaries to our interpersonal dynamics, though we've tried therapists of all kinds. We were about to give up on finding an impasse to our unhappiness, since neither felt they were being heard, understood nor accepted. I didn't fully believe a CD series would give me (already steeped in self-help knowledge) and my partner (skeptical of anything resembling personal development) real solutions, yet we both found ourselves listening to these CDs over and over (separately, as we're both 'Islands.') We've both learned how to become more loving and accepting partners and are thankful for having found Dr. Tatkin's material. I also really appreciated his no-nonsense delivery. Makes it all seem personal and authentic. I've recommended this to my friends and colleagues without reservation.

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.

For some of us, a stable long-term relationship eludes us and we often wonder why. As a 30 something year old who never had a LTR, I had to come to terms with my "Island" or "Avoidant" attachment style. This book provides you with a slap in the face and you realize, relationships are messy, people are annoying but they can also be rewarding. In this book more than any other book, you learn the acceptance of your partner and realize you are responsible their happiness and well being as much as he or she is responsible for yours. For someone like me who is very guarded and often expect others to rely on themselves this was truly a paradigm shift in the way I looked at human relationships, not just romantic relationships. I listened to "Attached: The New Science of Adult Attachment And How It Can Help you Find- And Keep Love" by Rachel Heller and Amir Levine. That was a good book and if you have sometime, I would recommend listening or reading that book first to get a good understanding of Adult Attachment Style. However "Your Brain on Love" really for me knocks it out of the park by giving you a solid framework and tool to make any relationship where both parties are interested in making it work the instructions to have a secure stable relationship.

I do believe that Dr. Tatkin gets it right. I have had quite the self discovery while progressing through these CD's. If you take the undistracted time to absorb this information, even if you don't have a partner willing to share the experience with, you will come out a wiser, better informed human. I wish there were some way to teach everyone these communications. Everyone would get along so much better if they saw the big picture and why we are motivated to do what we do. Relationships are tough enough, there are many distractions and if you can get someone to throw you a life line to a happier, healthier coupling wouldn't you want to take it.

Stan's series, 'Your Brain on Love' Is clear, sometimes even entertaining listening for anyone wishing to illuminate his/her understanding of the Science of Love. 'Brain on Love' provides guidance in understanding oneself as well understanding the ebbs and tides in relationship with significant others, including husbands, wives, lovers, friends, children and family members. Toby Ellen French, Licensed Psychotherapist Emotionally Focused Therapy for Couples

Wow, this information is amazing, I think I'll give these for wedding presents as it really clarifies the various personalities and how to adjust as things change in a relationship. The personality profiles were very in depth and I could totally see myself in his description. FANTASTIC!!!!

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 is how couples relate, and Tatkin makes it simple and straightforward.

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