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Your Brain on Love: The Neurobiology of Healthy Relationships

Stan Tatkin

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Your Brain on Love: The Neurobiology of Healthy Relationships Stan Tatkin

"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 pratices for biliding enduring security and commitment between couples, family members, and othes that we love.

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Adam Youngblood:

Playing with family in a very park, coming to see the marine world or hanging out with buddies is thing that usually you may have done when you have spare time, and then why you don't try issue that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love Your Brain on Love: The Neurobiology of Healthy Relationships, it is possible to enjoy both. It is fine combination right, you still would like to miss it? What kind of hangout type is it? Oh can occur its mind hangout fellas. What? Still don't understand it, oh come on its known as reading friends.

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