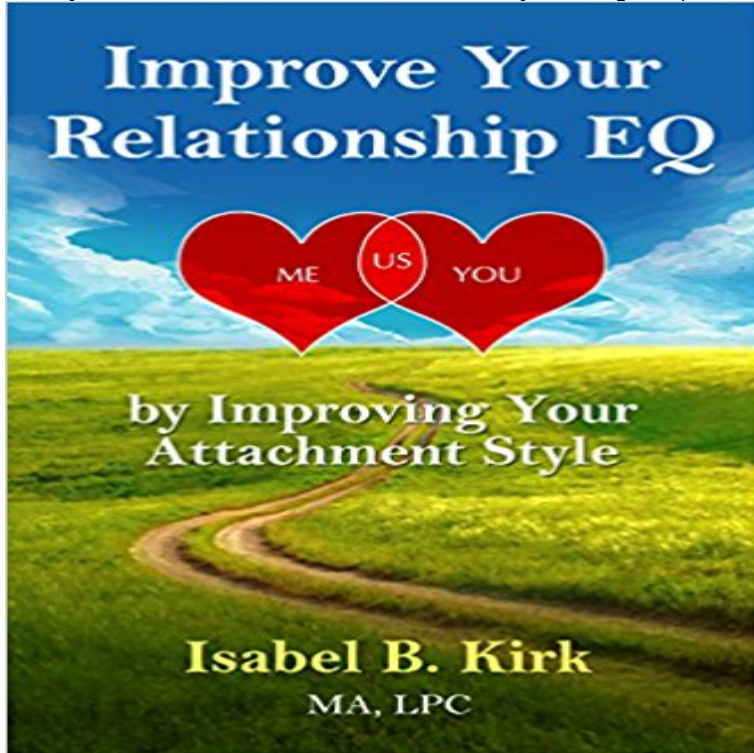


Improve Your Relationships EQ by Improving Your Attachment Style



This book is about how to heal the aspects that unconsciously get in the way for people to enjoy healthy relationships. While research shows that relationships are the main source of happiness, they can also bring a lot of pain to people's lives. Why does that happen? Because unfortunately it is not all a matter of love. Unfortunately close to half percent of the general population, it means people like you and me, struggle with relationships issues. Now there is scientific information about what causes it and how to go about it so we don't have to continue to hurt each other or spin around in a vicious cycle. And that is what this book is all about. Most people think it is a problem of communication, but it is not. That is a symptom. The real problem is the attachment style that people have and the combinations people make. People are complex human beings and therefore so are relationships. Most people have complex psychological histories that are far from ideal and without self awareness and some work, they are prompt to just repeat those patterns and get in their own way. That is what this book is all about. About awareness and if you are motivated enough you can follow the pathway to change the aspects that you can and accept with compassion the ones that we cannot (about you and your partner). In this book you won't find quick fixes, magic solutions or easy steps that will get you the love you want right after you finish reading it. There are plenty of excellent books out there by the experts in the relationships field. The problem is that most people cannot follow the wonderful advice because there are some deeper underlying issues that need to be addressed before that: your attachment style. In general, your attachment unconsciously determines your thoughts, needs, emotions so in the same way that people can't just stop drinking or using drugs, in the same way people can't just follow the advice from a book. That would

be great! We need some preparation work, so you don't end up defeated or more frustrated. That is why this book is different: It contains basic and powerful information about how attachment theory explains the way we feel and behave in relationships, how even though certain matches don't seem to be what we want at first sight might be what we need in the end, and the pathway with many exercises to put in practice individually and with a partner (if available) to achieve long term results. So the love science made it simple for anybody to get a quick grab of it and hands on practices to start working right away you won't get lost understanding the deep concepts and give up half way. And finally, because you won't find all the solutions by reading this book, it provides you with enough awareness and information throughout so you can determine if professional help is needed and how to look for it. Let's be realistic, not most people will get the results wanted just by reading a book (some will), but you will definitely gain understanding of the problem and options to solve it. Our style of attachment affects everything from our partner selection to how well our relationships progress to, sadly, how they end. That is why recognizing our attachment pattern can help us understand our strengths and vulnerabilities in a relationship. An attachment pattern is established in early childhood attachments and continues to function as a working model for relationships in adulthood. Ah! and if that isn't enough, let me tell you that by improving your attachment style, you won't only improve your relationships but your overall wellbeing. A secure attachment style significantly determines your health, happiness and capacity for finding balance in life. So get it now and once for all find out why you are the way you are and some aspects of your life don't go the way you wish.

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temptations are just too good to pass up. My curiosity got the best of me the other day and I gave in by watching one of those "End of the World" conspiracies videos. This time around the date is set for July 29, 2016. So in three days the biblical prophecies will come true and we will be swallowed up by hell fire while the others who are "saved" will rejoice in the heavens.

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