



**Attached: Summary of the Key Ideas - Original Book by Amir Levine, Rachel Heller: The New Science of Adult Attachment and How It Can Help You Find - and Keep - Love**

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Attachment theory is not only important to understand the relationship between a child and his/her parents, but can also be applied to romantic relationships. It can help couples understand each other better and explains why some people are more comfortable with getting close, while others prefer to remain distant, and how to deal with such behavior.

Who should read this book:

- People in the dating phase who want to find out whether they should give a relationship another chance or break it off.
- Couples interested in learning how to avoid and resolve conflicts.
- Anyone in a relationship who wants to know more about the different attachment styles.

In this summary:

Chapter 1: Our relationships are influenced by different attachment styles

Chapter 2: Identify your own attachment style

Chapter 3: Find out what your partner's attachment style is

Chapter 4: First attachment style: anxious

Chapter 5: Second attachment style: avoidant

Chapter 6: Third attachment style: secure

Chapter 7: Try not to fall into the anxious-avoidant trap

Chapter 8: What to do when the problems cannot be resolved

Chapter 9: Principles for effective communication

Chapter 10: How to deal with conflicts the right way

Chapter 11: Final Summary

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