



**Attachment: The New Science of Adult Attachment and How It Can Help**  
*Amir Levine and Rachel Heller*



You will learn the three types of attachment and how to understand them and navigate through your life. This is a perfect book to read anytime, but especially during the valentine season as love is in the air. The book in part is based on the brilliant work from the 1950s by John Bowlby about mother/child attachments.

Levine and Heller have outlined that the three attachment styles — anxious, avoidant and secure — get played out in our intimate relationships as well. What I have found in my clinical practice is that few of us have the secure attachments that allow us to feel comfortable and loving, and most of us have a combination of anxious and avoidant attachments.

I have also observed that those with anxious attachments (worries about their partner's ability to love them in return) generally are attracted to those who have avoidant attachments (equate intimacy with a loss of independence and try to minimize closeness).

The book offers some easy-to-follow strategies. ~ **Dr. Michele Winchester-Vega**



Attention, all singles who have a history of looking for a soul mate and being disappointed and disillusioned by the outcome. This is not the typical relationship book.

The authors have taken a 60-year-old childhood attachment theory and given it new sea legs. Levine and Heller captured the new science of adult attachment styles, I believe cracking its code, identifying how the avoidant style clashes with the anxious style.

According to this theory, the reader learns that dependency-style attachment is not an addiction, but natural pair bonding strategy. Let me be clear: This theory does not depict disorders of anxiety or depression, but the research is based upon neuroscientist and social psychologist findings.

The book is chock-full of strategies on how to identify your own attachment style and that of your potential partner. I recently used this book as required reading for some of my single male patients and for a young women's single therapy group I ran last year with remarkable results, highlighting how folks can get caught up in tug-of-war dynamic and unfulfilling incompatible love. Readers can explore useful communication tips and ascertain their own capacity for intimacy and avoid the pitfall of repetitive compulsive romantic behavior. Read it, discuss it with friends then come on in and discuss it with us. ~ **Diane Light Spiro**



We often wonder why is it that some people's relationships seem to work so smoothly while others have so many ups and downs, pushes and pulls? Levine and Heller give us plenty of examples that describe the roller coaster that most couples often feel they are on: a simple summary of the three attachment styles — anxious, avoidant and secure. They also offer a quick questionnaire that would help you determine your style and that of your partner, as well as tips on how to make changes that would either help you become more secure in your relationship, recognize an unhealthy relationship and/ or find a secure one.

It's a simple yet informative book, one that would definitely help you understand relationship dynamics and most likely inspire curiosity. ~ **Nancy Arocho-Mercado**



I enjoyed reading this book. The focus of it centers on what Heller and Levine describe as the three styles of attachment: anxious, avoidant and secure.

The book helps readers determine your own attachment style and that of your mate, and provides advice on how to best navigate your relationship based on your attachment styles.

I especially liked how the authors discuss the "dependency paradox." Often we feel if we rely or depend on someone it can be seen as needy and insecure, when in fact, per Heller and Levine, "the more effectively dependent people are on one another, the more independent and daring they become." Simply put, learning to attach in a healthy, secure manner allows us to love and be loved.

"Attached" is a good informational read that provides an insightful look at love and attachment. ~ **Suzanne Vizethann**

In working with adolescents and young adults, I find that some of Marianne Williamson's writings somewhat trivialize things - like suggesting that people write a letter to AIDS or cancer and tell the disease everything one feels about it. I believe what the author means is to fight a disease with love, versus anger and hatred; but the language for young adults can be confusing. I think some of the passages taken out and read are far better for young persons than the book in its totality. ~ **Susan McVey**

---

I find Marianne Williamson's books filled with compassion and love. Many clients that I see are wanting to find peace and forgiveness, and I like what she offers in both of those areas. Sometimes, reading sections twice offers a deeper understanding, as she speaks a different language than most offering self-help advice. I highly recommend this book. ~ **Suzanne Vizethann**