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About The Author: Amir Levine, MD, is a psychiatrist and neuroscientist

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researcher at Columbia University. He is the author of “Attached”, a popular book based on attachment theory. #1. We're Wired to Be Dependent

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No matter which side of the spectrum you err on, you can't help but agree that

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what Dr. Amir Levine and Rachel Heller outline in Attached seems very reasonable and makes a lot of sense. Attached investigates why we as humans have the desire to connect deeply with other humans, for example through a mother-child or romantic relationship.

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About the Book In Attached, psychiatrist and neuroscientist Dr. Amir Levine and Rachel Heller reveal how an understanding of adult attachment—the most advanced relationship science in existence today—can help us find and sustain love.

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relationship science in existence today- can help us find and sustain love. Pioneered by psychologist John Bowlby in the 1950s, the field of attachment posits that each of us behaves in relationships in one of three distinct ways:

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Book

According to psychiatrist and neuroscientist Levine and social psychologist Heller, one's adult romantic partnerships have patterns similar to those one has as a child with one's parents. Our individual attachment styles are thus, they conclude, hardwired into our brains.

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Amir then specialized in child and adolescent psychiatry. While working in a therapeutic nursery with mothers with Post-Traumatic Stress Disorder and their toddlers, Amir witnessed the power of attachment to heal and realized the

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importance of attachment principles in the daily lives of adults as well as children.

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and neuroscientist Dr. Amir Levine and Rachel Heller scientifically explain why some people seem to navigate relationships effortlessly, while others struggle. Discover how an understanding of adult attachment - the most advanced relationship science in existence today - can help us find and sustain love.

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