

Download Your Brain on Love: The Neurobiology of Healthy Relationships Online eBook

Book info:

Author: *Stan Tatkin*

Format: *6 pages*

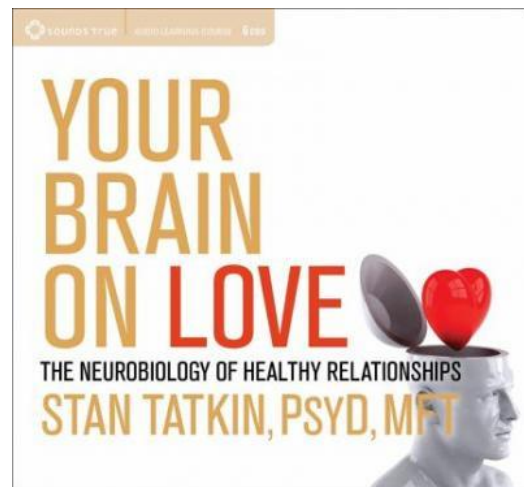
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Plot:

Shift Out of Conflict and into Connection, Safety, and Intimacy

"Improve 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 you shift out of conflict and into deeper and more loving connections.

You'll first learn to identify attachment styles--patterns of intimacy that begin in the earliest years--both in yourself and in those around you. Then Tatkin guides you through his proven principles and practices for building enduring security and commitment between partners, family members, and others whom you love. Join him to explore:

The warring brain versus the loving brain
When your brain's threat response is getting in the way of love
How to avoid triggering fear and help your partner feel safe and secure
Simple gestures and words to put out emotional fires
The power of rituals to build trust and intimacy
How to make your relationship a sanctuary, and more

Based upon key insights from neurobiology, attachment theory, and emotion regulation research, *Your Brain on Love* will show you how to change the way you relate with others and open the way to greater love and connection.

Highlights:

The neurobiology of mating--who we choose and why
The neurobiology of commitment--building security, the foundation of a healthy relationship
Anchor, Island, and Wave types: understanding your attachment style and those of others
"Is it you or is it me?" Understanding how the attachment styles of others interact with your own.
Experiencing healthy conflict through social contracts, ground rules, and awareness
Creating a lifelong plan to continue deepening your relationships

Additional Info:

Review quote

A leading scientist and couples therapist merges new insights from neurobiology and psychology to help us bring more love into our lives and relationships.

About Stan Tatkin

Stan Tatkin

Stan Tatkin, PsyD, MFT, is a clinician, teacher, and author who integrates neuroscience, attachment theory, and current therapies. He is the developer of A Psychobiological Approach to Couple Therapy(R) (PACT), and he and his wife, Tracey Boldemann-Tatkin, created the PACT Institute to train other psychotherapists in this methodology. Dr. Tatkin teaches and supervises family medicine residents at Kaiser Permanente in Woodland Hills, CA, is assistant clinical professor at the UCLA David Geffen School of Medicine, and

directs training programs throughout North America and globally. He is the author of *Wired for Love: How Understanding Your Partner's Brain and Attachment Style Can Help You Defuse Conflict and Build a Secure Relationship*, and *Your Brain on Love: The Neurobiology of Healthy Relationships*.