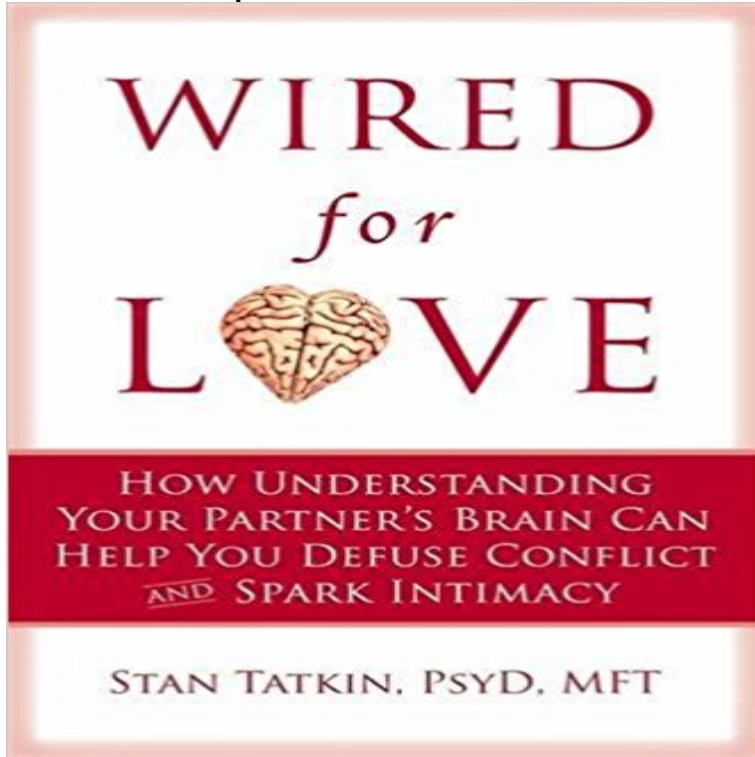


# Wired for Love: How Understanding Your Partners Brain and Attachment Style Can Help You Defuse Conflict and Build a Secure Relationship



What the heck is my partner thinking? is a common refrain in romantic relationships, and with good reason. Every person is wired for love differently, with different habits, needs, and reactions to conflict. The good news is that most peoples minds work in predictable ways and respond well to security, attachment, and rituals, making it possible to actually neurologically prime the brain for greater love and fewer conflicts. Wired for Love is a complete insiderâ€™s guide to understanding your partnerâ€™s brain and enjoying a romantic relationship built on love and trust. Synthesizing research findings on how and why love lasts drawn from neuroscience, attachment theory, and emotion regulation, this book presents ten guiding principles that can improve any relationship.

Strengthen your relationship by:

- Creating and maintaining a safe "couple bubble"
- Using morning and evening rituals to stay connected
- Learning to fight so that nobody loses
- Becoming the expert on what makes your partner feel loved

By learning to use simple gestures and words, readers can learn to put out emotional fires and help their partners feel more safe and secure. The no-fault view of conflict in this book encourages readers to move past a warring brain mentality and toward a more cooperative loving brain understanding of the relationship. This book is essential reading for couples and others interested in understanding the complex dynamics at work

behind love and trust in intimate relationships. While there's no doubt that love is an inexact science, if you can discover how you and your partner are wired differently, you can overcome your differences to create a lasting intimate connection.

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