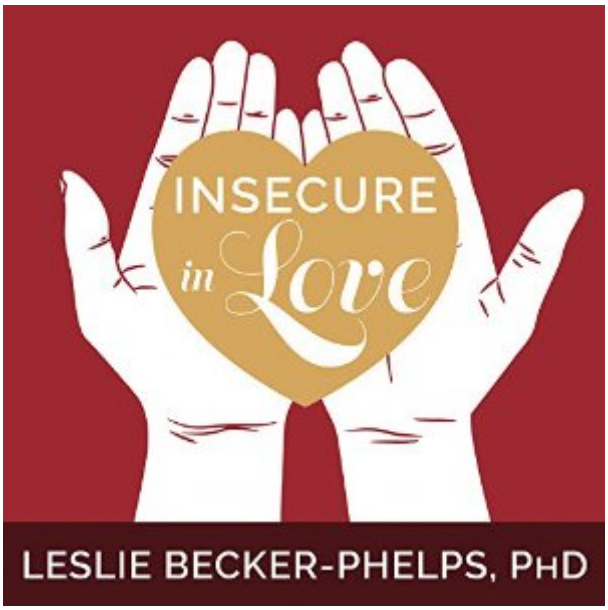
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Insecure In Love: How Anxious Attachment Can Make You Feel Jealous, Needy, And Worried And What You Can Do About It



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Synopsis

Has your romantic partner called you clingy, insecure, desperate, or jealous? No one wants to admit that they possess these qualities, but if you find yourself constantly on the alert, anxious, or worried when it comes to your significant other, you may suffer from anxious attachment, a fear of abandonment that is often rooted in early childhood experiences. In Insecure in Love, you'll learn how to overcome attachment anxiety using compassionate self-awareness, a technique that can help you recognize your negative thoughts or unhealthy behavior patterns and respond to them in a nurturing way - rather than beating yourself up. You'll also learn how insecurity can negatively affect healthy dialogue between you and your partner (or potential partners) and develop the skills needed to stop you from reverting back to old patterns of neediness and possessiveness.

Book Information

Audible Audio Edition
Listening Length: 6 hoursÃ Â andÃ Â 22 minutes
Program Type: Audiobook
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Publisher: Tantor Audio
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Whispersync for Voice: Ready
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Best Sellers Rank: #29 inÃ Â Books > Self-Help > Anxieties & Phobias #45 inÃ Â Books > Parenting & Relationships > Parenting > Teenagers #98 inÃ Â Books > Audible Audiobooks > Health, Mind & Body > Family & Relationships

Customer Reviews

I picked up this book after a breakup and after I took an online test that revealed me as having an insecure attachment style. I wish I knew I was this way before my breakup. I may have been able to have had a better chance of a more healthy relationship; and we may even still be together. This book breaks down the insecure attachment style more than into just three main attachment style categories. Not only did I discover I was of the insecure style but also more in the ÃƒÂ¢Ã â ¬Ã Å“FearfulÃƒÂ¢Ã â ¬Ã Â• category! OUCH!... I say ouch, because the book describes this style as particularly difficult to deal with. And believe me, I am starting to deal with my style head on and it is very difficult so far. The book has a lot of workbook style content

ÃƒÂ¢Ã â ¬Ã â œ like questioners, charts, and exercised that you can benefit from. I was able to screen grab the parts I wanted to use from my Kindle reader on my computer screen. If you can buy a printed copy too, then that would be helpful.Overall I feel like this material has given me a leg up on how to conquer my insecure attachment style, and I am hopeful to earn more of a secure attachment style as I work through these exercises. I am also hopeful that the next relationship I get into will go a lot better?... WeÃƒÂ¢Ã â ¬Ã â„¢ll see.

Great book with lots of good information.

This book helped me so much it was an eye opener. Please consider reading to help your relationship, or simply understanding yourself.

I just started reading this book and it's helping me evaluate my patterns already!! I highly recommend this book to anyone that has a sadness they look to fill from relationships.

I really love the way this book is written. Having been in a series of relationships where my anxious/preoccupied attachment style related fears were exacerbated due to verbal abuse, i really appreciate the fact that this book is so compassionately written. I am learning more about myself without feeling bad about who I am. Is incredibly informative and yet validating and reassuring which I really need in my life right now. I'm really grateful that I came across this book at this time in my life.

Could be written a little more in layman terms.

I thoroughly enjoyed this book. It lends humor and accessibility (for the professional and the lay person) to potentially difficult and painful topics.

This book is amazing in the way it explains relationship challenges and strategies for tackling them. It is a reference to read over and over again to maintain a strong and happy relationship.

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There Shall Be No Needy: Pursuing Social Justice through Jewish Law and Tradition Attached: The New Science of Adult Attachment and How It Can Help You Find - And Keep - Love Wired for Love: How Understanding Your Partner's Brain and Attachment Style Can Help You Defuse Conflict and Build a Secure Relationship Wired for Love: How Understanding Your Partner's Brain and Attachment Style Can Help You Defuse Conflict and Build a 222 Love Techniques to Make Any Man Fall in Love With You & Get Your Ex Back. Learn The Rules and Secret Laws of Enchantment: 222 Love Techniques to Get Your Ex Back and Make Him Miss You Worried Sick: How Stress Hurts Us and How to Bounce Back (Pinpoints) The Worried Child: Recognizing Anxiety in Children and Helping Them Heal Wemberly Worried Fear and Love.: Thoughts about love and anxiety from an anxious romantic. Attached: The New Science of Adult Attachment and How It Can Help YouFind - and Keep - Love The 10 Best-Ever Anxiety Management Techniques: Understanding How Your Brain Makes You Anxious and What You Can Do to Change It The Antianxiety Food Solution: How the Foods You Eat Can Help You Calm Your Anxious Mind, Improve Your Mood, and End Cravings How to Stop Being Insecure: Learn How to Overcome Emotional and Relationship Insecurity Insecure Majorities: Congress and the Perpetual Campaign The Teen's Guide to Social Media…and Mobile Devices: 21 Tips to Wise Posting in an Insecure World Intelligence in an Insecure World Drive Without Fear: The Insecure Driver's Guide to Independence

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