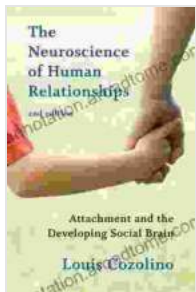


Attachment: Mind, Body, and Brain

By Dan Siegel and Marion Solomon

Attachment is one of the most important aspects of our lives. It shapes our relationships, our health, and our overall well-being. Yet, for many of us, attachment is a mystery. We don't understand how it works or how to create healthy attachments.

In Attachment: Mind, Body, and Brain, Dan Siegel and Marion Solomon offer a groundbreaking exploration of the latest research on attachment. They show how attachment is not just a psychological phenomenon, but also a biological one. Attachment is wired into our brains and bodies, and it has a profound impact on our physical and mental health.



Healing Trauma: Attachment, Mind, Body and Brain (Norton Series on Interpersonal Neurobiology)

by Daniel J. Siegel

★★★★☆ 4.8 out of 5

Language : English
File size : 2632 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 381 pages



Siegel and Solomon explain how attachment works, and they provide practical tools for creating healthy attachments. They show how to:

- Understand your own attachment style
- Create secure attachments with your children
- Heal from attachment trauma
- Build stronger relationships

Attachment: Mind, Body, and Brain is an essential resource for anyone who wants to understand the importance of attachment and how to create healthy attachments. This book will change the way you think about yourself, your relationships, and your world.

Reviews

"Attachment: Mind, Body, and Brain is a tour de force. Siegel and Solomon have created a masterpiece that is both intellectually stimulating and profoundly practical. This book is a must-read for anyone who wants to understand the power of attachment and how to create healthy relationships." - **John Gottman, Ph.D., author of The Seven Principles for Making Marriage Work**

"Attachment: Mind, Body, and Brain is a groundbreaking work that will revolutionize the way we think about attachment. Siegel and Solomon have integrated the latest research on attachment with their own clinical expertise to create a book that is both cutting-edge and accessible. This book is a must-read for anyone who wants to understand the importance of attachment and how to create healthy relationships." - **Bessel van der Kolk, M.D., author of The Body Keeps the Score**

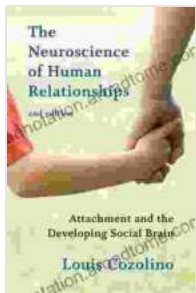
About the Authors

Dan Siegel, M.D., is a clinical professor of psychiatry at the UCLA School of Medicine and the founding director of the Mindsight Institute. He is the author of numerous books on the brain, including *The Mindful Brain* and *Brainstorm*.

Marion Solomon, M.D., is a clinical professor of psychiatry at the UCLA School of Medicine and the co-director of the Mindsight Institute. She is the author of numerous books on attachment, including *Healing Your Attachment Wounds* and *Attachment and Trauma*.

Free Download Your Copy Today

Attachment: Mind, Body, and Brain is available now from all major booksellers. Click here to Free Download your copy today.



Healing Trauma: Attachment, Mind, Body and Brain (Norton Series on Interpersonal Neurobiology)

by Daniel J. Siegel

★★★★☆ 4.8 out of 5

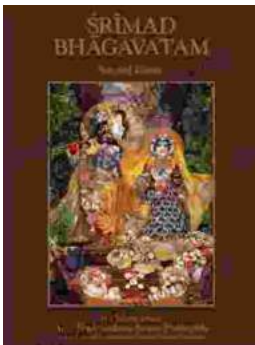
Language : English
File size : 2632 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 381 pages





Java Learn Java In Days: Your Fast-Track to Programming Proficiency

Are you ready to embark on an extraordinary journey into the world of programming with Java? David Chang, the acclaimed author and programming expert, brings...



Srimad Bhagavatam Second Canto by Jeff Birkby: A Literary Masterpiece

In the vast tapestry of ancient Indian literature, the Srimad Bhagavatam stands as a towering masterpiece, an inexhaustible source of wisdom and inspiration. Its Second Canto,...