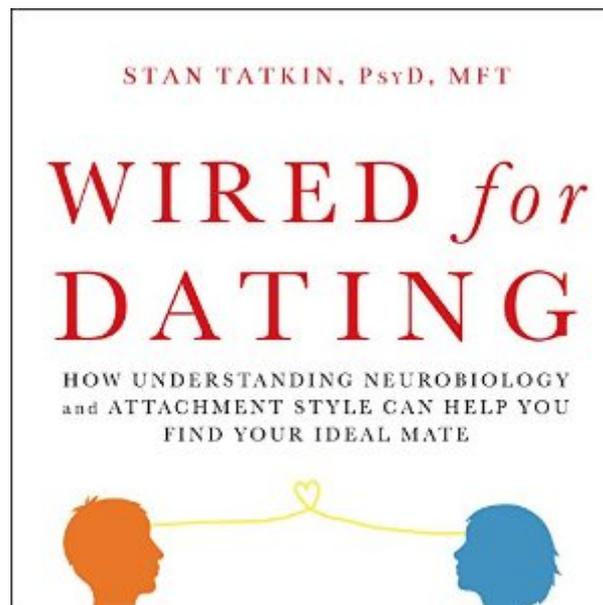


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Wired For Dating: How Understanding Neurobiology And Attachment Style Can Help You Find Your Ideal Mate



Synopsis

Everybody wants someone to love and spend time with, and searching for your ideal partner is a natural and healthy human tendency. Just about everyone dates at some point in their life, yet few really understand what they're doing or how to get the best results. In *Wired for Dating*, psychologist and relationship expert Stan Tatkin - author of *Wired for Love* - offers powerful tips based in neuroscience and attachment theory to help you find a compatible mate and go on to create a fabulous relationship. Using real-life scenarios, you'll learn key concepts about how people become attracted to potential partners and move toward or away from commitment and the important role the brain and nervous system play in this process. Each chapter explores the scientific concepts of attachment theory, arousal regulation, and neuroscience. And with a little practice, you'll learn to apply these exercises and practical techniques to your dating life. If you're ready to get serious (or not!) about dating, meet your match, and have more fun, this book will be your guide.

Book Information

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Customer Reviews

As a couples therapist, I have long suggested Stan Tatkin's books to my clients as a significant part of therapy and their ongoing journey as a couple. Now Stan has presented the perfect companion for those clients who have not yet paired up, are in the beginning stages of pairing up, or even those who are in relationship but want to deepen their understanding of attraction, commitment and longterm success in relationship. In this new book, Stan offers the science of attachment, neurobiology, arousal systems along with practical skill based exercises to guide the reader in the

picking, vetting, dating and committing process. Stan's natural ability to relate his brilliance and interpersonal self is felt on every page of this book! I highly recommend it to anyone who is interested in the journey of dating.

I'm a therapist who trains with Dr. Tatkin. So yes, I'm biased! The man is brilliant, sharp, using cutting edge understanding of the way we bond and maximize our relationships. He truly is amazing, and he is a genuine mentor. In fact, he's got this Buddha vibe about him. The smiling and laughing Buddha that is! Since studying with Stan, the way I work with my couples changed drastically, and helped my couples tremendously. Not to mention how my own intimate relationship has benefited enormously. *Wired for Dating* is a must read! It lays a strong foundation on what it means to be in a win-win relationship, and how to avoid the pitfalls we all face at times; pitfalls that can destroy relationships when not dealt with efficiently. I wish I had known all of this material years ago. So many wasted years. And more importantly, I'm glad I found Stan. It's never too late to have a great relationship!

I wish I had known Stan Tatkin's work a long time ago, and had been able to apply these tools in the early phases of relationships. The most valuable tool is understanding how to have secure functioning relationships even while dating, he even includes a description of a secure functioning break up. Understanding the basics of a secure functioning relationship and having a roadmap to go from healthy dating to healthy commitment is invaluable.

The information in this book is so valuable and a must read for everyone! Understanding yourself and choosing a mate based on that deeper understanding will allow you to take things less personally and be more accepting of yourself and your partner. Very important ingredients forming long lasting relationships.

I have suggested *Wired For Dating* to several patients in my clinical practice and it has received high praise from all that have read it. The book is accessible and practical yet theoretically grounded. I have also gotten feedback that the exercises were particularly helpful. Dating can be daunting and difficult for some. I am pleased to finally have a resource that I feel confident about recommending.

This is a very clear and realistically-written book. I recommend it for anyone who is starting a new

relationship or maybe just dating. I like Stan Tatkin's approach to creating secure-functioning relationships and his realistic description of the evolution of a relationship. Had I had this book many years ago, maybe I would have taken my own relationships more slowly and realistically.

After recently discovering adult attachment style theory and identifying strongly as an avoidant type, I have been trying to learn everything I can that about moving toward a secure style, choosing more appropriate partners, and creating healthy relationships. Sadly, most of what I've read or found so far basically warns people not to date avoidants, and presents a pretty bleak outlook for us. This book takes a much more positive approach and even made me feel optimistic about the possibility of finding a secure partner for a mutually-fulfilling, happy, and supportive relationship. The information isn't as deep as I would like, but it really resonates. I'm so glad to have found this book!

well written and easy to understand and apply- Stan's the Man when it comes to couples therapy- his simple approach empowers those lost in the complexity of attachment history and neurobiology to stand back, recognise their profile and take ownership to create something better

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