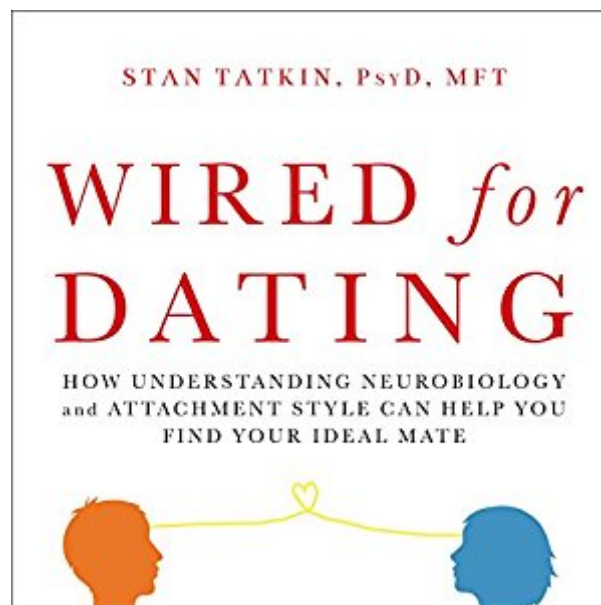




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# Wired For Dating: How Understanding Neurobiology And Attachment Style Can Help You Find Your Ideal Mate



## 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

I love this book! It makes me want to date, I look forward to figuring things out with a potential partner more and more as I re-read my favorite passages. I especially appreciate the idea that we can learn to soothe our partners when things get tense between us and that there are ways to think about how our respective styles of relating can be handled successfully. This island is looking forward to my future anchor. I especially loved his myths about love: this 60+ person is ready to jump right in!

Pretty good, easy to understand. My LCSW recommended I read it. It's hard for me to assign everyone to a cookie cutter box, so I recommend taking it with a grain of salt but the message is still the same. I ultimately found it insightful and helpful.

This is very different from other books on dating because of the psychobiological approach. The explanation of different attachment styles and how it relates to understanding the connection between the couple from the beginning to ongoing relationships is so clear and the case examples make it very relatable. The exercises are explicit and easy to follow. I especially appreciated the chapter teaching people how to calm their partner's nervous system as well as their own. I will highly recommend this book to friends and therapy clients, to those are dating and as an adjunct to *Wired for Love*.

If you've read Stan's other books, then you have a sense of what's on offer here--smart, practical, neurobiologically and attachment informed relational advice--but this is his best so far. Stan has a knack for continuing to put out new, and better material: in addition to being a very sane guide to dating (I've not seen another one that takes its cue from the latest research, while also being original and creative), there are lots of exercises and general advice applicable to long-standing relationships as well. I am a clinical psychologist and of course human being with a vested interest in getting better at relationships and understanding what makes them work, and there are few writers or models out there I would recommend more highly. Definitely not to be missed.

Not bad, but overly-general and simplistic. Let's face it, there are more than 3 types of people in the world. Further, if we switch from one type to the other based on our situation it hardly does much good to characterize us in the first place. Still, some good advice is given.

The dating scenarios and explanations were too long. This felt like assigned reading for a Psychology 101 class on attachment theory and dating. **STILL VERY USEFUL INFORMATION TO KNOW.** My favorite parts were when the author disclosed how he vetted his partner in dating and about his wave-tendency, (attachment styles are anchor, island, and wave for secure, insecure avoidant, insecure ambivalent).

I love the philosophy that is taught so well here. Our past, upbringing and how we feel growing up

does mold us into the beings we become. Until I read this book I had no idea why I was pushing people away or reacting to my relationships. I am a psychology major and have read many self help books. This is one of the best!

I learned so much about myself in such a short read. I hope every person I date reads this book.

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