



Your Brain on Love: The Neurobiology of Healthy Relationships

Stan Tatkin

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"Understand your brain, improve your relationships." That's what Stan Tatkin has learned from his leading-edge work as a researcher and couples therapist. In this complete audio learning program, he merges current insights from neurobiology and attachment theory to help us shift out of conflict and into deeper and more loving connections. Listeners first learn to identify attachment styles - the patterns of intimacy that begin in our earliest years - both in ourselves and in those around us. Then Tatkin guides us through his proven principles and practices for building enduring security and commitment between couples, family members, and others that we love.

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