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regulation, this book presents ten guiding principles that can improve any relationship.

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Wired for Love: How Understanding Your Partner's Brain and Attachment Style Can Help You Defuse Conflict and Build a Secure Relationship Stan Tatkin PsyD MFT. 4.6 out of 5 stars 597. Paperback. \$16.16. Attached: The New Science of Adult Attachment and How It Can Help You Find - and Keep - Love

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Wired for Love: Are You an Island, Wave or Anchor?

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