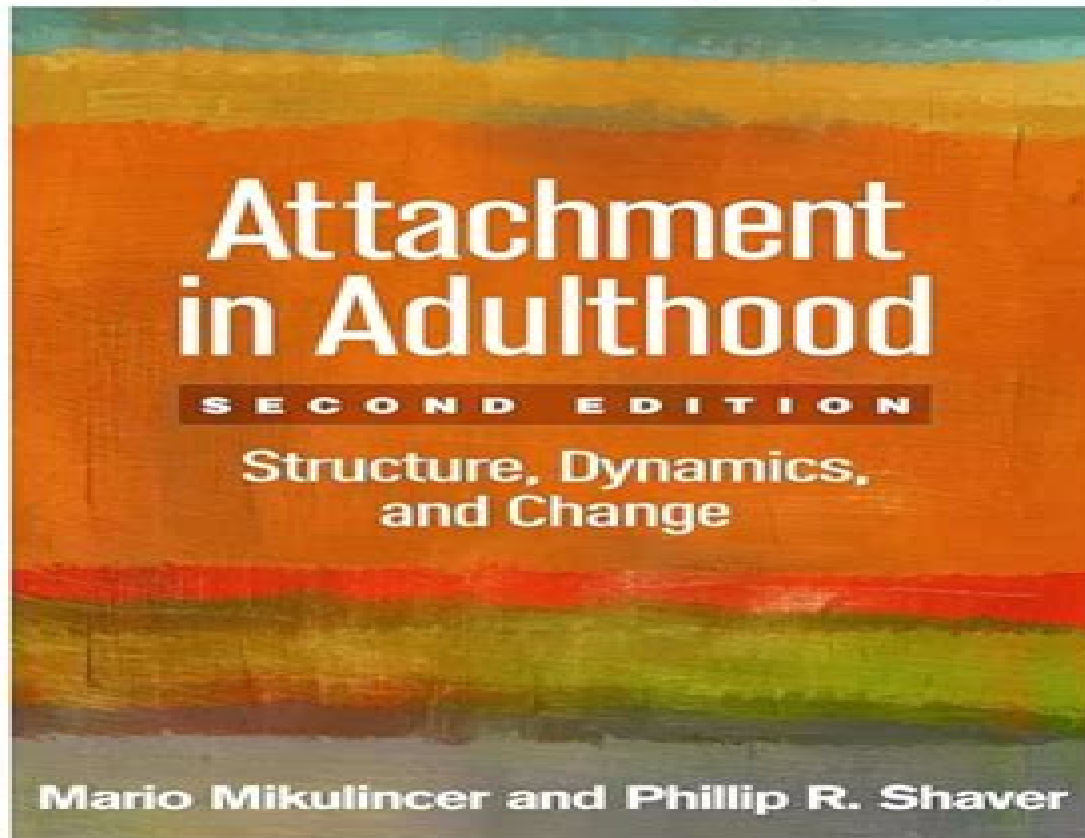


Attachment in Adulthood: Structure, Dynamics, and Change



Attachment In Adulthood Structure Dynamics And Change

Harshith B Nair



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complete program for using energy medicine to heal and strengthen romantic relationships A relationship begins with the meeting of two unique energies This union of energies though invisible determines the way you communicate fight love and want to be loved In this groundbreaking book the bestselling authors of Energy Medicine draw on the real life experiences of couples who have attended their popular Energies of Love workshops as well as their own experience as husband and wife to show how an understanding of your energy system and that of your partner can help you build a more harmonious and loving bond We all have different ways of making sense of the world around us but when faced with conflict especially with those we care most about we tend to revert to one of four Energetic Stress Styles Visuals are extremely passionate and inspire others to care about the things they care about but in moments of conflict their take on the situation can overshadow what is actually occurring undermining their ability to empathize with their partner Kinesthetics are generous compassionate and accepting of other people but their caring nature pulls them in too many directions They try to meet others needs at the expense of their own which can cause mounting resentment Digitals are rational and principled and have a gift for quickly understanding complex situations but they can become closed to others perspectives and feelings Tonals have a gift for understanding others and their dilemmas but during moments of conflict their ability to read between the lines can morph into hearing what was never said felt or thought According to the authors the strongest relationships are those in which the two parties feel that they are partners on a shared spiritual journey By helping you better understand your own unique energy system as well as that of your partner you will be able to recognize your strengths as a couple and avoid the pitfalls The Energies of Love serves as a powerful resource for anyone who wishes to build a rich partnership while maintaining the spark that keeps a relationship exciting

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