

# WIRED FOR LOVE

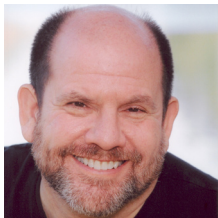
How Understanding Your Partner's Brain and Attachment Style Can Help You Defuse Conflict and Build a Secure Relationship

STAN TATKIN, PSYD

## \*Ten Scientific Principles

1. Creating a couple bubble allows partners to keep each other safe and secure. 2. Partners can make love and avoid war when the security-seeking parts of the brain are put at ease. 3. Partners relate to one another primarily as anchors (securely attached), islands (insecurely avoidant), or waves (insecurely ambivalent). 4. Partners who are experts on one another know how to please and soothe each other. 5. Partners with busy lives should create and use bedtime and morning rituals, as well as reunion rituals, to stay connected. 6. Partners should serve as the primary go-to people for one another. 7. Partners should prevent each other from being a third wheel when relating to outsiders. 8. Partners who want to stay together must learn to fight well. 9. Partners can rekindle their love at any time through eye contact. 10. Partners can minimize each other's stress and optimize each other's health.

## About the Author



## Stan Tatkin, PsyD, MFT,

is a clinician, researcher, teacher, and developer of A Psychobiological Approach to Couple Therapy® (PACT), which integrates neuroscience, attachment theory, and the biology of human arousal, and applies these to adult primary attachment relationships. He maintains a practice in Calabasas, California, and runs a program to train psychotherapists to use PACT, with sites in Los Angeles, San Francisco, Boulder, Seattle, Austin, New Jersey, and Toronto.

Every person is wired for love differently,

with different habits, needs, and reactions to conflict. The good news is that most people's minds work in predictable ways and respond well to security, attachment, and rituals, making it possible to actually neurologically prime the brain for greater love and fewer conflicts.

*Wired for Love* is a complete insider's guide to

understanding a partner's brain and promoting love and trust within a romantic relationship. Readers learn **ten scientific principles\*** they can use to avoid triggering fear and panic in their partners, manage their partners' emotional reactions when they do become upset, and recognize when the brain's threat response is hindering their ability to act in a loving way. By learning to use simple gestures and words, readers can learn to put out emotional fires and help their partners feel more safe and secure. The no-fault view of conflict in this book encourages readers to move past a "warring brain" mentality and toward a more cooperative "loving brain" understanding of the relationship. Based in the sound science of neurobiology, attachment theory, and emotion regulation research, this book is essential reading for couples and others interested in understanding the complex dynamics at work behind love and trust in intimate relationships.

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YOUR PARTNER'S BRAIN AND  
ATTACHMENT STYLE CAN HELP  
YOU DEFUSE CONFLICT AND  
BUILD A SECURE RELATIONSHIP

STAN TATKIN, PSYD

FOREWORD BY HARVILLE HENDRIX, PHD

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Stan Tatkin, PsyD, MFT

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"This book is grounded in the latest brain science, as well as being wonderfully friendly, encouraging, and practical. It shows readers how to stay out of dead-end conflicts and instead light up the neural circuits of empathy, skillful communication, and love. A marvelous resource."

—Rick Hanson, PhD, author of *Buddha's Brain*

"If you feel lost, confused or alone in your relationship, get this book right now. You will finally make sense out of chaos and pain. This is your map to go from frustration and insecurity to realize the potential of why you initially got together. Stan Tatkin's insightful book will teach you to work as a team to make your relationship journey safe, engaging, and deeply satisfying."

— Peter Pearson, PhD, cofounder of The Couples Institute in Menlo Park, CA

## Suggested angles:

- **What's the secret of happy couples?**

According to Dr. Stan Tatkin, knowing how to soothe and please your partner is key. Identify your partner's vulnerabilities and learn how to soothe your partner when he or she is in distress. Likewise, learn to please your partner at any given moment by identifying ways that make him or her feel safe and loved.

- **How to win a fight (hint: your partner wins too).** Wave the flag of friendliness, just shut up, stay in the "play zone," read your partner, avoid digital fighting, fight smart, seek a fair deal, remember the good and forget the bad, and more.

## More about the author

Dr. Tatkin has worked in private practice specializing in the treatment of adolescents and adults with personality disorders. During the past decade, his interests have branched out toward psycho-neurobiological theories of human relationship, integrating principles of early mother-infant attachment with adult romantic relationships. He speaks to professional audiences on subjects of couple therapy and preventive psychotherapy through early intervention with infants, children and their parents. He has published several articles on the psychobiology of couple therapy and is currently training therapists on his unique approach using attachment theory, neuroscience, and principles of arousal and affect regulation.

Dr. Tatkin was a primary inpatient group therapist at the John Bradshaw Center where, among other things, he taught mindfulness to patients and staff. He was trained in Vipassana meditation by Shinzen Young, Ph.D., and was an experienced facilitator in Vipassana. He was also trained by David Reynolds, Ph.D., in two Japanese forms of psychotherapy, Morita and Naikan.

In addition to his private practice, he teaches and supervises first through third-year family medicine residents at Kaiser Permanente, Woodland Hills, through which he is an assistant clinical professor at the UCLA David Geffen School of Medicine, Department of Family Medicine. He is also adjunct faculty for Antioch University and California Lutheran University.

## Areas of Expertise:

- Relationships • Attachment styles • Conflict defusion
- Couple therapy • Preventive psychotherapy
- Neuroscience & relationships • Attachment theory
- Mindfulness • Vipassana meditation

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