



8 Keys to Building Your Best Relationships (8 Keys to Mental Health)

Daniel A. Hughes

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Bringing attachment theory essentials to everyday life.

A revolution is under way in how we understand the nature of relationships, how we develop in those relationships, and how our brains function synergistically in connection with others. This field is known as attachment theory, and until now most of the cutting-edge insights have been written in “researcher-speak” and reserved for neurologists, psychologists, and others in the healing professions.

Here veteran therapist and specialist in attachment disorders Daniel A. Hughes demystifies the research for lay people. By summarizing in short, easy-to-read “keys” the theory and brain science that underpin our ability to form relationships, he skillfully reveals how we can become better friends, spouses, siblings, and children. For anyone interested in how to develop meaningful new relationships or how to deepen and enrich their current ones, this book makes sense of it all.



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