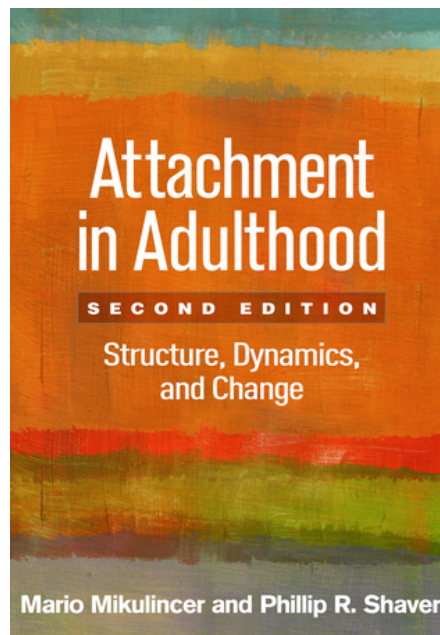




# Attachment in Adulthood: Structure, Dynamics, and Change

*Mario Mikulincer , Phillip R. Shaver*

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## Attachment in Adulthood: Structure, Dynamics, and Change Mario Mikulincer , Phillip R. Shaver

Synthesizing a vast body of empirical research and organizing it around a comprehensive conceptual model, this book is recognized as the definitive reference on adult attachment. The authors explain how what began as a theory of child development is now used to conceptualize and study nearly all aspects of social functioning across the lifespan, including mental representations of self and others, emotion regulation, personal goals and strivings, couple relationships, caregiving, sexuality, psychopathology, psychotherapy, and organizational behavior. The origins and measurement of individual differences in adult attachment are examined, as is the question of whether and how attachment patterns can change.

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This is such an accessible and comprehensive source of information about how attachment influences our relationships in adulthood

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