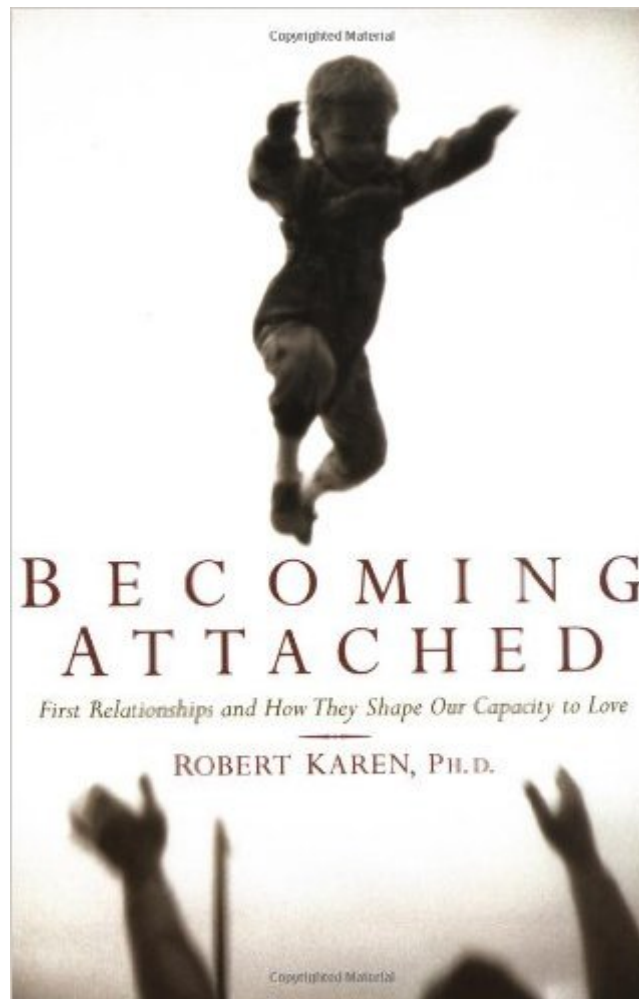


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# Becoming Attached: First Relationships And How They Shape Our Capacity To Love



## Synopsis

The struggle to understand the infant-parent bond ranks as one of the great quests of modern psychology, one that touches us deeply because it holds so many clues to how we become who we are. How are our personalities formed? How do our early struggles with our parents reappear in the way we relate to others as adults? Why do we repeat with our own children--seemingly against our will--the very behaviors we most disliked about our parents? In *Becoming Attached*, psychologist and noted journalist Robert Karen offers fresh insight into some of the most fundamental and fascinating questions of emotional life. Karen begins by tracing the history of attachment theory through the controversial work of John Bowlby, a British psychoanalyst, and Mary Ainsworth, an American developmental psychologist, who together launched a revolution in child psychology. Karen tells about their personal and professional struggles, their groundbreaking discoveries, and the recent flowering of attachment theory research in universities all over the world, making it one of the century's most enduring ideas in developmental psychology. In a world of working parents and makeshift day care, the need to assess the impact of parenting styles and the bond between child and caregiver is more urgent than ever. Karen addresses such issues as: What do children need to feel that the world is a positive place and that they have value? Is day care harmful for children under one year? What experiences in infancy will enable a person to develop healthy relationships as an adult?, and he demonstrates how different approaches to mothering are associated with specific infant behaviors, such as clinginess, avoidance, or secure exploration. He shows how these patterns become ingrained and how they reveal themselves at age two, in the preschool years, in middle childhood, and in adulthood. And, with thought-provoking insights, he gives us a new understanding of how negative patterns and insecure attachment can be changed and resolved throughout a person's life. The infant is in many ways a great mystery to us. Every one of us has been one; many of us have lived with or raised them. *Becoming Attached* is not just a voyage of discovery in child emotional development and its pertinence to adult life but a voyage of personal discovery as well, for it is impossible to read this book without reflecting on one's own life as a child, a parent, and an intimate partner in love or marriage.

## Book Information

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## Customer Reviews

This review probably won't do this book justice. I'm analytical, Master's Degree in Statistics kind of guy, yea, stoic. Psychology. Yea that stuff is for quacks. In graduate school I worked with enough of them trying to squeeze any interpretation out of their "data". So I have one of those life altering experiences. I go to Iraq as a reservist, spend sixteen months away from my wife and job, come back to a wife that doesn't love me anymore and doesn't know if she can. PTSD, Generalized Anxiety, and Depression all in one. But other than the PTSD symptoms, all of the other things have constantly been in my life working mysteriously in the background. I go to a shrink as my marriage has fallen apart and I have no one to talk to and she brings up Attachment. I have never heard of it, so the scientist in me wants to learn anything and everything before our next meeting. I next day this book and begin reading "my life away" online and in the book. Or more appropriately "reading my life back." I'm fitting into this mold that is everything I don't want to be, but am and jealous of the mold that is everything that I am not, I'm being divorced by a woman that has been hardening my mold for the last 5 years. This book altered my perspective on so many things. I identified with so many others. It gave me a framework and definitions for defense mechanisms like (passive aggressiveness and sublimation), a way to look at my childhood, and although the odds are against me being Ambivalently Attached and seeking Secure Attachment, I can now somewhat accurately "self-reflect" on my life experiences.

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