



The Attachment Effect: Exploring the Powerful Ways Our Earliest Bond Shapes Our Relationships and Lives

Peter Lovenheim

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"Every reader will find this book about attachment enlightening."

--Dr. Sue Johnson, author of *Hold Me Tight*

"Does a magnificent job of revealing how attachment manifests at the workplace, in friendships, religion, and even politics."

--Amir Levine, M.D., author of *Attached*

A revealing look at attachment theory, uncovering how our early childhood experiences create a blueprint for all our relationships to come

Attachment theory is having a moment. It's the subject of much-shared articles and popular relationship guides. Why is this fifty-year-old theory, widely accepted in psychological circles, suddenly in vogue? Because people are discovering how powerfully it sheds light on who we love--and how.

Fascinated by the subject, award-winning journalist and author Peter Lovenheim embarked on a journey to understand it from the inside out. Interviewing researchers, professors, counselors, and other experts, as well as individuals and couples whose attachment stories illuminate and embody the theory's key concepts. The result is this engaging and revealing book, which is part journalism, part memoir, part psychological guide--and a fascinating read for anyone who wants to better understand the needs and dynamics that drive the complex relationships in their lives.

Topics include:

- * What it means to be securely and insecurely attached**
- * How our early childhood experiences create a blueprint for future relationships--and how to use those insights to gain self-awareness and growth**
- * Why anxious and avoidant attachment types tend to attract each other, and how to break the negative cycle**
- * How anyone can work to become "earned secure" regardless of their upbringing and past relationships.**

The Attachment Effect: Exploring the Powerful Ways Our Earliest Bond Shapes Our Relationships and Lives Details

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From Reader Review *The Attachment Effect: Exploring the Powerful Ways Our Earliest Bond Shapes Our Relationships and Lives* for online ebook

Brandon Wilde says

I found this book incredibly fascinating. I had previously only heard of attachment theory in passing- just enough to make me curious enough to pick up a book about it.

I'm slightly torn as to how much I should accept all of the extrapolations projected and conclusions drawn for each of the attachment styles. Some of the implications, especially those toward the end of the book, seem so far-stretched as to be long past any reasonable veracity. Others, however, often rang so true, I wondered why I had never connected the dots myself.

All in all, the theory, along with its connections and implications for day-to-day interactions, is quite enlightening, and Lovenheim's personal presentation of the material makes it all the more accessible and captivating.

Crystal Dwinell says

This offers a well researched snapshot of Attachment Theory. It is not an academic book but rather very much experiential as the author weaves his own journey into its page. This is a worthwhile read and definitely a book I would recommend to others who are on their own journey from an anxious attachment to earned secure. It is an easy and enjoyable read.

Ruth says

This book gave me new insights into how early childhood impact our relationships throughout our lives. I have run the roller coaster of emotions from the guilt and disappointment in how I cared for my son but also reassured by my own childhood experiences and romantic and work relationships. There is a reason individuals react in both intimate and casual relationships that can be traced back and also hope that we can make different decisions moving forward and recover.

Nicole says

I have not read much about attachment (outside of references in child development books). I am intrigued to read more about the research behind the theories on this subject. This book was a decent introduction to attachment theory, including secure attachment, anxious attachment, and avoidant attachment.

The book is divided into three parts. The first part details attachment, what the different types of attachment are and how they form. It is clear from the beginning of the book that the book is half details of the author's

own self-exploration into attachment and half an attempt to discuss the topic in a scientific manner.

The second part of the book covers how attachment is expressed throughout peoples lives, from relationships between children and parents to looking at attachment from an elderly perspective.

The third part of the book covers attachment in leadership and religion. I had planned to give the book a rating of 3 stars until I reached the third section. The third section broke leadership up into workplace, sports, and politics. I didn't think that was necessary. The commentary on religion, I will get to in a moment. Too much of the information covered in the third section relied on conjecture. There was not enough rigorous research or experimentation presented to make any real conclusions. I couldn't trust the author's opinion and judgment of the various anecdotes he used to illustrate points. He didn't add in the context of other aspects of personality could affect various interactions. I ran into this some in the second section, but it bothered me less than in the third.

In the chapter on religion, the author indicates an obvious bias. At the end of the chapter the author speculates about what millennials (among whom religious affiliation is declining) will do when, in short, they grow older and lose people in their lives (their parents, a love relationship, maybe a sibling). If the author is truly curious, I'd love to talk. Being a millennial (according to the author's definition of being born between 1980-1994) with limited religious affiliation, a millennial who has so far experienced the deaths of her mother and two siblings (one of which suffered a violent death), I can say that it's possible to maintain a separation from religion and be a secure (likely earned secure) individual.

Anyway, the book is okay. The writing is okay. I would have preferred that the author either focus on writing about his own personal journey with some information mixed in about what he learned along the way, or made a serious journalistic inquiry with some information about his own background mixed in along the way. The book seemed like it was trying too hard to be both.

I should add, too, that I received this book as a giveaway.

Nora L. Thompson says

this book was a disappointment. It's a very short read and I knew the end before I was 30 mins in

The book doesn't offer anything new. There's no message or deep meaning, no mystery or surprises because there was no character development.

I can't recommend this book, all fluff no subsidence.

Suzanne Nuyen says

I have a degree in Psychology, so a lot of this book was a refresher on Attachment Theory. That being said, there were a lot of applications of attachment theory I had never studied or thought to be related to attachment before. If you don't know anything about attachment theory at all, I highly recommend starting with this book.

Mel says

I raced through the first half of the book then slowed down. I enjoyed learning about the attachment styles and hope it helps me understand people/students better in the future.

Mercer Smith says

This book helped me understand so much about myself and my interpersonal relationships. I'd recommend it to everyone.

Tera says

I am recommending this book far and wide. Between it and Hillbilly Elegy, I finally understand my family.

Scott says

Easy, readable book about attachment theory. The first few chapters do a decent job of explaining its origins and implications. Lovenheim's personal anecdotes add some emotional impact. The last few chapters, where he considers sports, politics and religion from the perspective of attachment, are forgettable.

Probably would've been better as a long, tightly composed magazine article.

Sara says

Good book about how attachment affects us in different stages and areas in life including at work, in relationships, friendships, parenting, with illness, aging and even religion. I liked that.

Bailey says

I've read many of the books available on Attachment and I found this one to be super accessible, engaging and I really loved that attachment was discussed across all areas of life. Most other books focus purely on romantic relationships. I only hesitated giving it five stars because I felt it wandered into some territory where there was a lot of hypothesizing. Fun for conversation, a little awkward for reading.

David says

It wasn't terrible, but it was by no means good. It outlines the basics on attachment theories, but since it was written by a journalist and not an expert in the field, the author often takes it to strange places which renders the text highly speculative, and often unreadable. This particularly becomes problematic in his digressions late in the book where he applies the attachment theory briefly to a number of things, sports, work, religion, politics, etcetera, in a number of snippets that I found to be poorly thought out and better left out completely.

If you are interested in attachment theory, look elsewhere. This book is filled with too many anecdotes and digressions to be genuinely useful.

Brandon H. says

I think that this was a good introduction to the subject of attachment. I found the book interesting in parts and slow in other parts. I would have liked it more if it went a bit deeper. As a Christian, there were a couple quotes in regards to religion I found interesting -

"...studies show that if your parents raised you to have a secure attachment and you observed your parents being a religiously observant, then you are likely to follow your parent's religion. But know this model has two parts: raising a child to have secure attachment and the parents religious observance. For religious parents who wish for their children to embrace their own religion, Granqvist, and Kirkpatrick caution, religious preaching and teaching are not enough; in fact, they believe, "it may fall on entirely deaf ears unless combined with placing a high priority on sensitive caregiving that meets the children's needs for protection and security." Pg 218

"When people with secure attachments convert, the process looks much different from the sudden, dramatic conversions of the insecure. These conversions tend to occur, for example, not after a romantic breakup, but rather after the establishment of a new intimate relationship, and they tend to be gradual rather than sudden.

"Many studies on sudden religious conversion were conducted largely with Christian samples, but only one study of non-orthodox Jews who became Orthodox also found a high level of attachment insecurity among those who underwent this transformation. Another study found that insecurely attached Christian women (especially those with anxious attachment) were more likely to report being 'born again' and speaking in tongues than securely attached Christian women." Pg 219

Sue Brennan says

I read as much as I wanted to read.
Half.
