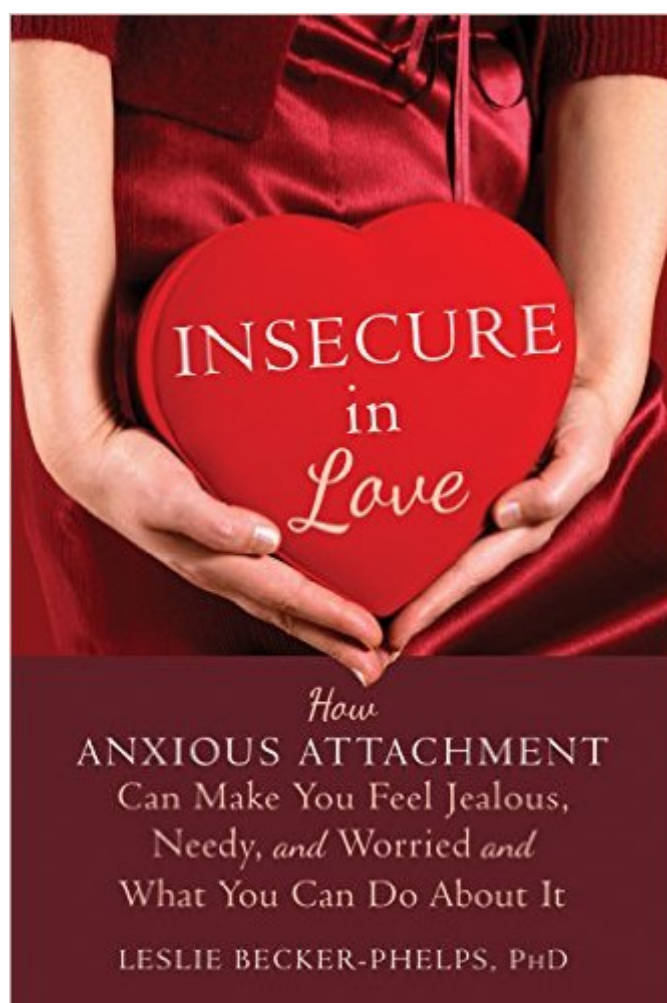


The book was found

Insecure In Love: How Anxious Attachment Can Make You Feel Jealous, Needy, And Worried And What You Can Do About It



Synopsis

Has your romantic partner called you clingy, insecure, desperate, or jealous? No one wants to admit that they possess these qualities; but if you find yourself constantly on the alert, anxious, or worried when it comes to your significant other, you may suffer from anxious attachment, a fear of abandonment that is often rooted in early childhood experiences. In *Insecure in Love*, you'll learn how to overcome attachment anxiety using compassionate self-awareness, a technique that can help you recognize your negative thoughts or unhealthy behavior patterns and respond to them in a nurturing way—rather than beating yourself up. You'll also learn how insecurity can negatively affect healthy dialog between you and your partner (or potential partners) and develop the skills needed to stop you from reverting back to old patterns of neediness and possessiveness. If you suffer from anxious attachment, you probably know that you need to change, and yet you have remained stuck. With compassionate self-awareness, you can successfully explore old anxiety-perpetuating perceptions and habits without being overwhelmed or paralyzed by them. By understanding the psychological factors at the root of your attachment anxiety, you will learn to cultivate secure, healthy relationships to last a lifetime. If you're ready to stop getting stuck in the same hurtful relationship patterns and finally break the cycle of heartache, this book can show you how to get the love you deserve—and keep it!

Book Information

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Customer Reviews

I read this book because I have a fear of rejection and always attributed my fear to being with a spouse that was not only a narcissist, but also a sex addict. Reasonable fears for that situation...I

went to counseling, read books, journaled and did a lot of work to get out of that relationship and to a place where I was ready to date again. I was bewildered when after some dates, a failed relationship, and then finally meeting someone that was truly great those same fears kept resurfacing. This new man in my life gave me no reason to fear rejection, so I knew wherein the problem lies. I came upon this book after searching insecurity and read THE book that was written about me and my deepest thoughts. I am still astonished how well I am captured within these words and the exercises immediately began helping me to truly feel the love that I was being shown and be grateful for it.

OMG!! I am so happy I bought this book!! It has helped me understand myself so much better. I knew I was destroying my marriage because I could not bring myself to trust. I thought I could trust my intuition, but by doing so I was sabotaging that what I held so dear-my relationship to my husband. I would recommend this book to anyone who has issues with trust and self-love. I am by no means "fixed", but I know that it is possible and I see glimpses of change everyday. Thank you so much Leslie Becker-Phelps.

I'm surprised to see all of these five-star reviews. Having read Amir Levine and Rachel Heller's excellent "Attached", I found this book disappointing. I can understand why the material might be interesting to those who have never read about attachment theory, but compared to all the other literature out there, this book is quite sub par. In fact, I found no original idea or thought in this book on either attachment or anything else for that matter.

I finished reading this book quite a while ago, but it helped me out a lot :) I highlighted quite a bit throughout, so that when I need quick guidance, I can flip to almost any page and reread important pieces.

This book helped explain so much about my struggles in relationships, why some feel more secure than others. Mostly, it gave me peace of mind that not all is doomed. That indeed, finding the right fit can help us feel so much more secure and that we're not as broken as we think.

As a family law counselor/mediator, this book was extremely insightful and will be a very useful tool for many families I work with. I will certainly apply several techniques in my practice to help others improve their relationships. Very well written and full of helpful ideas. I highly recommend this book.

This book covers very important concepts in psychology, combining issues of bonding, attachment, mindfulness and CBT. The chapters and exercises are very clearly written and practical. Anyone who is struggling with anxiety in a relationship can benefit significantly by following the ideas and practical suggestions here. Highly recommended.

Amazing read! If you even have any issues with personal insecurity in relationships, especially if you have identified a pattern of insecurity in your past relationships, read this book and stop the cycle! It's just an all around healthy read for anyone.

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