



Attachments: Why You Love, Feel, and Act the Way You Do

By *Tim Clinton, Gary Sibcy*

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At some point in life, most people wonder why they feel and act the way they do. They're sometimes puzzled by their inability to connect or even get along with those who mean the most to them. The answer to this mystery lies in the profound effect of a child's bonding process with his or her parents. How successfully we form and maintain relationships throughout life is related to the early issues of "Attachment."

The authors have sited four primary bonding styles that explain why people love, think, feel and act the way they do. Attachments gives the reader the understanding and the tools to steer away from negative patterns of relating. This book is for anyone who desires closeness, especially in the most intimate relationships: marriage, children, close friends and ultimately with God.

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Editorial Review

About the Author

Tim Clinton, Ed.D, LPC, LMFT, is president of the American Association of Christian Counselors. He is professor of Counseling and Pastoral Care at Liberty University and is executive director of the Liberty University Center for Counseling and Family Studies.

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