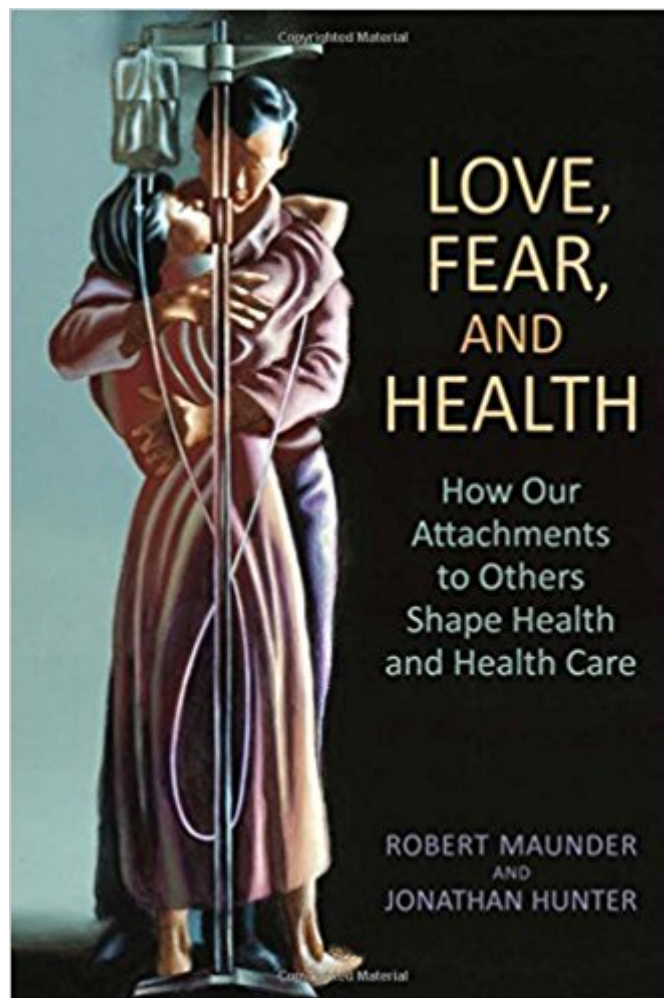




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# Love, Fear, And Health: How Our Attachments To Others Shape Health And Health Care



## Synopsis

Can the way in which we relate to others seriously affect our health? Can understanding those attachments help health care providers treat us better? In *Love, Fear, and Health*, psychiatrists Robert Maunder and Jonathan Hunter draw on evidence from neuroscience, stress physiology, social psychology, and evolutionary biology to explain how understanding attachment – the ways in which people seek security in their close relationships – can transform patient outcomes. Using attachment theory, Maunder and Hunter provide a practical, clinically focused introduction to the influence of attachment styles on an individual's risk of disease and the effectiveness of their interactions with health care providers. Drawing on more than fifty years of combined experience as health care providers, teachers, and researchers, they explain in clear language how health care workers in all disciplines can use this knowledge to meet their patients' needs better and to improve their health.

## Book Information

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## Customer Reviews

“This book is an excellent contribution to the literature on human attachment as it relates to health issues. Highly recommended.” (M.C. Matteis *Choice Magazine* vol 53:10:2016) “Overall, this book is an engaging one that healthcare workers of all kinds will find interesting, informative and helpful. The rest of us, who sometimes are patients, will also find this book worthwhile, and in reading it may even recognize issues in ourselves and in those we

know. “ (Keith Oatley The Literary Review of Canada, April, 2016) “Free from jargon, the text is easy to read, and each section provides several examples and a useful summary. The book could help healthcare workers to better meet their patients’ needs and ultimately improve their health. (Angela Davis Nursing Standard February 2016) “This book is written to appeal to a wide clinical audience, including physicians, nurses and other care providers. The understanding this book promotes could go far in improving the care all clinicians offer to their patients. (Barry Gilbert U of T Medicine Magazine, Winter 2015)

“Love, Fear, and Health is brilliant. Every health care professional concerned with the psychological well-being of his or her patients should read it. More generally, I recommend this well-written and humane book to anyone concerned to understand why some people are happy and healthy, and others are not. (David Naylor, Professor of Medicine and President Emeritus, University of Toronto) “What an excellent book! Fascinating, scientifically sound, clinically innovative, and gracefully written. While relying on attachment theory research for important applications to the health care field, it opens up topics for further research. It reads quickly and effortlessly because of its lucid prose, engaging author self-disclosures, and efficiently presented, highly instructive case examples. I thoroughly enjoyed it as an attachment researcher, a sometimes patient negotiating today’s health care maze, and a fan of good stories about complex real beings. (Phillip R. Shaver, Distinguished Professor Emeritus, Department of Psychology, University of California, Davis) “Popular medical science at its very best, Maunders and Hunter’s impressive book defies superlatives: readable, accessible, amusing, and profound. The authors show how the evidence-based science of attachment is the key that unlocks the puzzle of chronic illness and illness-promoting behaviours, and how, through understanding the lure and dangers of the ubiquitous “weak force” of insecure attachment, both can be ameliorated. Hyperbole aside, this is one of those rare books destined to be essential reading for doctors and health workers, at all levels, worldwide, and for years to come. (Jeremy Holmes, Visiting Professor, Department of Clinical Psychology, University of Exeter)

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