



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

By Leslie Becker-Phelps

New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Insecure in Love: How Anxious Attachment Can Make You Feel Jealous, Needy, and Worried and What You Can Do About It, Leslie Becker-Phelps, 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 Freeing Your Love From Insecurity, 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...



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This book may be really worth a read through, and far better than other. it was actually writtern extremely completely and valuable. I am just very easily will get a satisfaction of looking at a published ebook.

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