



Wired for Dating: How Understanding Neurobiology and Attachment Style Can Help You Find Your Ideal Mate

Stan Tatkin, Harville Hendrix (Foreword), Helen LaKelly Hunt (Foreword)

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In the age of online dating, finding a real connection can seem more daunting than ever! So, why not stack the odds of finding the right person in your favor? This book offers simple, proven-effective principles drawn from neuroscience and attachment theory to help you find the perfect mate.

Everybody wants someone to love and spend time with, and searching for your ideal partner is a natural and healthy human tendency. Just about everyone dates at some point in their lives, yet few really understand what they're doing or how to get the best results. In *Wired for Dating*, psychologist and relationship expert Stan Tatkin—author of *Wired for Love*—offers powerful tips based in neuroscience and attachment theory to help you find a compatible mate and go on to create a fabulous relationship.

Using real-life scenarios, you'll learn key concepts about how people become attracted to potential partners, move toward or away from commitment, and the important role the brain and nervous system play in this process. Each chapter explores the scientific concepts of attachment theory, arousal regulation, and neuroscience. And with a little practice, you'll learn to apply these exercises and practical techniques to your dating life.

If you're ready to get serious (or not!) about dating, meet your match, and have more fun, this book will be your guide.

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From Reader Review Wired for Dating: How Understanding Neurobiology and Attachment Style Can Help You Find Your Ideal Mate for online ebook

Leah says

Concepts are good. A little too simple.

Lillibet Moore says

I didn't like the early part of the book or end of it, but the attachment styles section was really helpful.

Frieda says

Mr. Tatkin takes on a psychobiological stance on dating and addresses how people are wired for developing relationships. Using classic attachment theory, he simplifies the three into Anchors, Waves and Islands and thoroughly addresses the interpersonal styles of each. Quite informative, this book can help anyone during the dating and relationship journey.

Tiffany says

A good read that provided food for thought in my dating life and partner selection. Loved learning about attachment styles and couple bubbles/pacts. Definitely influencing me already in my choices.

Wired for love, his other book for people already in relationships, was even better in terms of practical suggestions and actions. Good stuff!!

Katrina Sark says

p.4 – The central idea of this book is that secure functioning is at the core of all successful relationships. The principle of secure functioning is rooted in attachment theory and research, and describes a relationship with the following characteristics:

- security (“we protect each other”)
- sensitivity (“we are aware of each other’s needs”)
- justice and fairness (“we quickly repair any hurts that occur”)
- collaboration (“we’re in this together”)
- true mutuality (“what is good for me is good for you”)

p.12 – Psychologist John Bowlby (1969) was one of the first to study the human tendency for pair bonding –

that is, the formation of a close relationship between two individuals. He developed attachment theory to explain why we bond in pairs, starting with our very first relationship outside the womb. We cannot survive and thrive without that special relationship, which usually occurs with our mother.

p.14 – allow yourself to temporarily live with any ambiguities related to your search for a partner.

p.19 – Above all else, you and your partner need to offer each other safety and security. You need to be able to protect each other and count on each other, and find a way of being together that is mutually beneficial, fair, just, and sensitive.

p.21 – if you were hurt in a relationship, then only a relationship can heal you. Couple therapist Harville Hendrix (2007) puts it more explicitly: “In order to heal the wounds of the past, you need to receive love from a person whom your unconscious mind has merged with your childhood caregivers.”

p.32 – Scientists have found that testosterone levels from in men when they are falling in love, and rise in women when they are falling in love. Notably, however, these changes are temporary; within a year or two, testosterone returns to the levels found in men and women who are not in love.

Dopamine levels rise when you are feeling good – for example, because you just spotted a potential love interest.

p.33 – The more time you spend in the company of your new love object, the less noradrenaline is a factor; thus you feel less scared, but you also become less attentive.

p.39 – We want someone who offers a mix of safety and security (familiarity) and novelty and excitement (unfamiliarity).

p.40 – partners need to socially vet each other with both male and female friends and family before they get serious about dating each other.

p.41 – Your picker is not your problem. In fact, there is no such thing as a bad picker. Your problem is very likely that you don't have a social network that helps you vet your partner for you. In other words, you are picking a partner based on the whims and dictates of your primitives, without sufficient ambassador input.

p.67 – Interviewing a potential partner:

- What kinds of things did your family do together when you were a kid?
- Who has had the biggest impact on your life?
- Who was your favorite teacher?
- If you could go anywhere in the world, where would you go?
- What is your favorite book?
- What is your favorite Sunday morning activity?
- What is the best present anyone ever gave you?
- What would you like your life to be like in ten years?
- What do you find most scary about dating?
- What are you most interested in knowing about me?

p.68 – Listening between the lines:

- Does your date tell you too little?
- Does your date give you too much information?
- Does your date lead you astray or give you false information?

- Does your date become tangential and take the conversation all over the place?
- Does your date talk about people and events for which there has been no previous introduction?
- Does your date suddenly pause or slow down for no apparent reason?

p.76 – I don't mean to be rigid about taking one year to know another person. There is no rule that you are not allowed to get married within the first year. Couples do it, and it works for them. My point is simply that it takes time to really know your partner, and that this auditioning is best done before marriage. If you don't take the time, your risk of failure rises significantly.

p.88 – a couple bubble is an agreement that puts your relationship before everything else in your life. In doing this, you keep your relationship sacrosanct by holding yourselves within a safe cocoon and protecting yourselves from outside elements. I believe the creation and maintenance of a bubble is perhaps the strongest indication that a relationship will succeed.

p.99 – Adults anchors tend to do well in their jobs and to be favored in the world because of their social abilities. They get along well with many people and can tolerate differences. In love relationships, they understand they are in a two-person system that must function as truly mutual to succeed.

Anchors are affectionate, emotionally and physically engaging, and unafraid to be themselves. They are afraid of neither abandonment nor engulfment and can easily shift from being alone to interacting and then to being alone again.

Anchors' modesty and humility place them on par with others, rather than below or above. The moral compass of an anchor always points toward mutuality, fairness, justice, and sensitivity. It's not an act, and it's not limited to specific people or things. Above all anchors are collaborators. Again, they believe two are better than one. When they speak, they always keep the listener in mind, making it easier for that person to follow them. They do not say too little or too much, or become tangential or misleading or confusing in their storytelling.

p.100 – They are resilient and have a wealth of internal resources. Because they feel tethered to at least one other person, they do not go through life as lone wolves afraid to venture into the world and play with others. Their strength and courage stem from their ability to depend on another. Their secure base was created in childhood and is recreated throughout life. It is what launches their capacity for complexity and self-improvement.

p.150 – From a psychological perspective, I would argue that the concern is less what you fight about and more how well your nervous system get along.

Brenda Knowles says

Wonderful insight into attachment styles and how to work with them in relationships.

Catherine says

I read this to learn more about adult attachment theory. This was recommended to me as a sort of non-shaming, non-pathologizing option written for regular (non-therapist) humans. His classifications of anchor, island, and wave, help you to understand the ways you relate to other people and how other people relate to you. The terms that he uses are his own - I believe terms more broadly used for those are "secure," "insecure avoidant," and "insecure anxious." Obviously, those are a bit of a mouthful, and can feel blaming.

The book is full of quizzes asking you to reflect on your relationships with your primary caregivers before age 13, as those past relationships can influence how you relate to other people as an adult. However, he also notes that attachment styles are fluid, and gives you tips to work towards being more secure, no matter which attachment style you currently have.

Wendy (bardsblond) says

This book focuses on how to develop and sustain secure, happy and healthy relationships in dating. Tatkin argues that our attachment style is hard-wired into us at an early age and dictates subsequent behavior in interpersonal relationships.

I found most interesting the chapters devoted to the three basic types of attachment in relationships, i.e., those who function as an anchor, island, or wave. I could definitely see aspects of myself in both the anchor (healthy attaches from healthy families who read others well) and island types (self-soothers who enjoy their independence and process a lot internally). This book didn't blow me away or anything but I'm definitely interested in how humans interact with others and the world around them, so I'd recommend it, particularly for those readers who love to read books about interpersonal relationships.

Felicia Kelley says

Dating advice for science nerds. I'm a nerd, loved it.

Maria says

It's amazing how much reading I can do when I'm sick. This is a wonderful little book that shares how you can get the love you need based on your attachment style. Now I need to follow through and not doubt or second guess myself.

Evan Burge says

A useful aid to the dating process, but one primarily focused on relationships that are already well established. It holds little advice on that initial step into the dating arena. Still, the discussion of anchor, wave and island personality types, and the importance of understanding are insightful.

Katie Hulbert says

it has a lot of really good information about the science and behaviors of different attachment types. However it left me feeling slightly depressed rather than hopeful... so don't go into it looking for hope. but if you want good info on what's a good attachment type, this book has great info.

Charlie Kubal says

Some thought-provoking ideas, but teetered between well-understood concepts and new ideas that weren't supported particularly well by science. I wanted to like this book, but it could likely have been a long-form article rather than stretched into a book.

Bailey says

I found this book from hearing Stan Tatkin on The Indie Spiritualist podcast. I was mildly put off by some of his suggestions but I'm on a tear of reading about human connection and attachment theory so I wanted to give it a chance. I was on board with his intent that we all need each other, that we benefit from wise and kind intentional interaction. I just wasn't sold enough on the finer points of his message to get engaged. Maybe it's the book you're waiting for, but it wasn't for me.

Noah Graham says

The author generalizes the thought patterns of a small portion of the human race to everyone. He has no statistics or neuro-science to justify this generalization.
