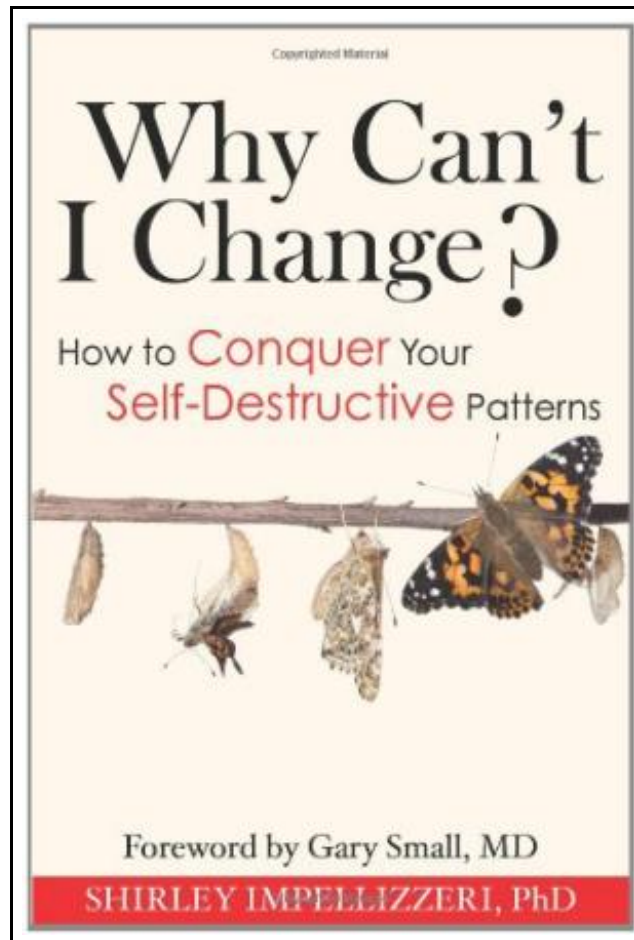


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Sunrise River Press, United States, 2012. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book. As children, our brains are hard-wired to form attachments with others as a way to ensure our physical and emotional survival. How we attach to our primary caregivers directly affects how our brain develops and guides our feelings and thoughts in later relationships. Why Can t I Change? is a psychological self-help manual to improve self-esteem and overall well-being. It is for anyone who feels stuck repeating patterns in their lives that don t work - from a series of dead end jobs, bad relationships, or even self-sabotaging behaviors. Why Can t I Change? incorporates the latest research on brain science to see how your identity is not defined by your behavior but is a reaction to your early programming. Dr. Shirley Impellizzeri identifies four categories of attachment styles we adopt as children based on our perceptions of how those most influential in our lives perceived us. Throughout the book, Dr. Impellizzeri uses a particular case history from infancy to adulthood to illustrate how an attachment style plays out in life. The stories and other concrete examples bring this concept to life and make it easy to identify with. This book shows you how to put an end to dysfunctional patterns of behavior by helping you discover what your unconscious patterns are and how to let go of those patterns. Why Can t I Change? includes questionnaires, exercises, and tools to facilitate change.



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