



Love and War in Intimate Relationships: Connection, Disconnection, and Mutual Regulation in Couple Therapy (Norton Series on Interpersonal Neurobiology)

Marion Solomon, Stan Tatkin

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Neuroscience and couples therapy come together to help couples break patterns of bad behavior.

What happens between partners that makes love turn to war? How can couples therapists help deescalate the battles? Two leading therapists apply the latest neuroscience research on emotional arousal to help couples regulate each other's emotions, maintain secure attachment, and foster positive, enduring relationships. The neurobiologically-grounded and sensitive approach set forth by Solomon and Tatkin in this book is sure to transform the way clinicians understand and treat couples in therapy.

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