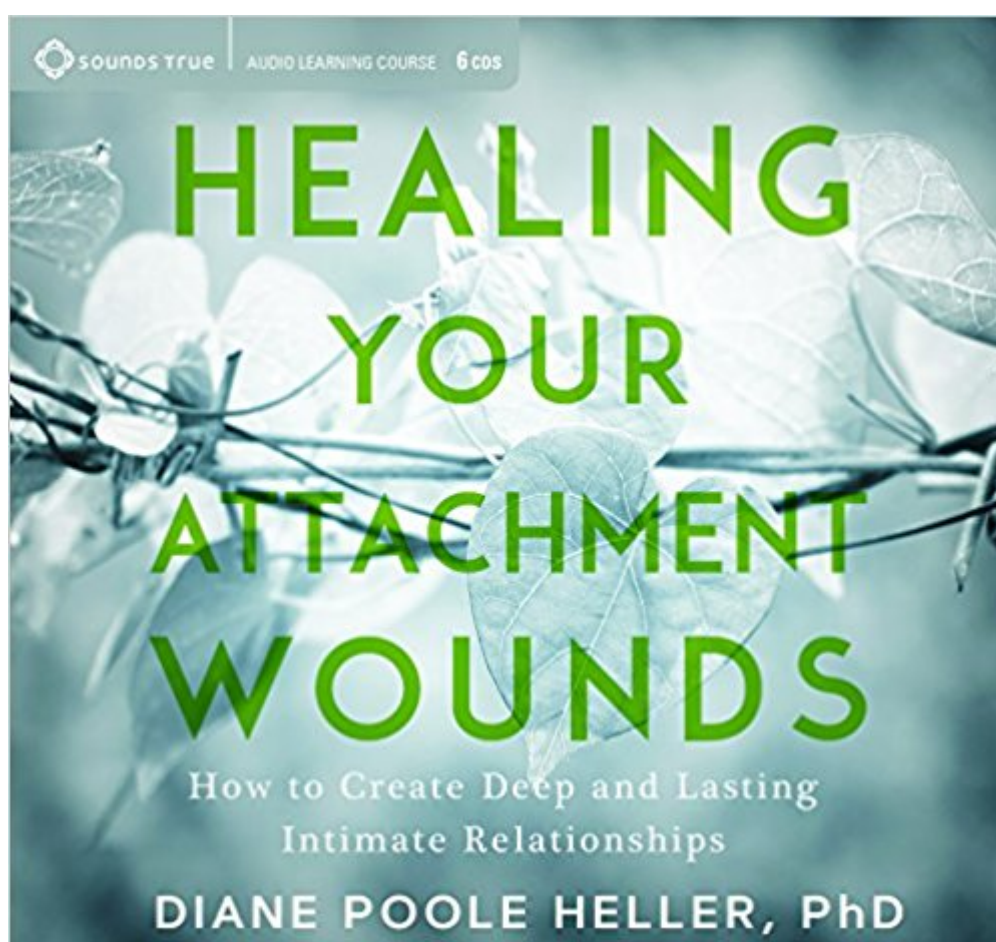


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# Healing Your Attachment Wounds: How To Create Deep And Lasting Intimate Relationships



## Synopsis

Secure, Ambivalent, Avoidant, or Disorganized?—from our earliest years, we all develop an attachment style that follows us through our lives, replaying in our intimate relationships, with our children, and at work. In this fascinating audio learning program, Diane Poole Heller, a pioneer in attachment theory and trauma resolution, helps us to understand and apply the fundamental principles and techniques in these rapidly developing fields of psychology. Psychotherapists and non-professionals alike are invited to explore how our early relational patterns emerge and deeply influence us as adults. Throughout, Heller provides practical techniques to identify our own attachment style, heal our emotional wounds, and increase intimacy and fulfillment in all of our relationships.

## Book Information

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## Customer Reviews

Diane Poole Heller  
DIANE POOLE HELLER, PHD, is a therapist, author, and leading expert in Adult Attachment Theory and Models, trauma resolution, and integrative healing. Based in Louisville, Colorado, she presents at conferences, teaches workshops, and authors articles in her fields of expertise. Learn more at [dianepooleheller.com](http://dianepooleheller.com).

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