



Couple Fits: How to Live with the Person You Love

Evelyn S. Cohen, Sheila A. Rogovin

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Attachment theory has generated a lot of press attention recently. But **Couple Fits** is the first book to apply the principles to building healthier relationships and reducing conflict. Our first attachment relationship--as infants to our mothers--remains with us throughout our lives, and determines our future relationships with others. This book describes the three styles of attachment and provides a self-test so readers are able to determine their own style and their partner's. The authors then give tips for each possible combination of attachment types. Readers will learn:

- * The identity of the three attachment styles: Secure, Avoidant, and Ambivalent
- * How to communicate with your partner more effectively about your wants and needs, and encourage him/her to do the same
- * How to "read" arguments correctly, by recognizing the issues at stake
- * How to give negative feedback in a positive way, so that disagreements don't escalate into major fights

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