



# Adult Attachment: Theory, Research, and Clinical Implications

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## Adult Attachment: Theory, Research, and Clinical Implications

With contributions from leading investigators, this volume presents important theoretical and empirical advances in the study of adult attachment. Chapters take stock of the state of knowledge in the field and introduce new, testable theoretical models to guide future research. Major topics covered include stability and change of attachment orientations across the lifespan; influences of attachment on cognitive functioning; and implications for the ways individuals experience intimacy, conflict, caregiving, and satisfaction in adult relationships. Also explored are the ways attachment theory and research can inform therapy with couples and can further understanding of such significant clinical problems as PTSD and depression.

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