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(Kindle Locations 1791-1798). Penguin Publishing Group. Kindle Edition. The main goal of the anxious attachment system, when activated, is to reestablish closeness with the partner.

### **Attached: The New Science of Adult Attachment - Book Summary**

Welcome to the world of adult attachment. The field of adult attachment is the most advanced relationship science to date, backed by two decades of rigorous academic research. You are about to take your first step towards understanding yourself and others from an attachment perspective. But beware!

### **Compatibility Quiz | Attached the Book**

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