



# Attaccamento e amore (Farsi un'idea) (Italian Edition)

*Grazia Attili*

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## **Attaccamento e amore (Farsi un'idea) (Italian Edition)** Grazia Attili

Un piccolo macaco, separato dalla madre, accusa malori e disturbi del sonno; un bimbo urla e strepita non appena la madre si allontana; un innamorato si dispera per l'assenza dell'amata. Sono poi così diversi questi comportamenti? Partendo da una prospettiva evolucionistica l'autrice spiega le radici biologiche e psicologiche che stanno alla base delle nostre relazioni affettive e sessuali e, sfatando una serie di luoghi comuni sul contrasto tra innamoramento e amore, passione e attaccamento, ripercorre tappe e snodi dei legami di coppia. Chi scegliamo come partner? Perché gli uomini sono attratti dalle donne giovani e belle, e le donne dagli uomini che possono garantire loro sicurezza? Si tratta di criteri dettati non solo dal gusto e dall'interesse ma anche da un'astuta strategia della specie volta ad assicurare il successo riproduttivo. Nel volume vengono anche analizzati i diversi modi di amare, le diverse reazioni alla rottura di un legame affettivo e alcune patologie dello stare insieme: dall'ossessione della gelosia all'incapacità di amare.

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