



Attachment Across the Lifecourse: A Brief Introduction

David Howe

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How do past relationships shape who we are today? Attachment theory offers a powerful model for explaining how our earliest relationships affect not only our development as children, but also our feelings and behaviour as adults.

This succinct and highly readable book offers the perfect introduction to a fascinating and fast-growing field. It explains the key concepts in attachment theory and describes how the main attachment types play out both in childhood and later life. It identifies some of the intriguing questions being explored by research, such as:

- What part do individuals' attachment histories play in adult relationships?
- What scope is there for attachment styles established in infancy to change later in life?

Students and professionals alike from across the fields of psychology, counselling, health and social work will find this an illuminating and thought-provoking guide to the rich complexity of human behaviour.

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