Jennifer Chesak is a freelance book editor of Nashville and writing instructor. He has earned the master’s degree and is working on his first fiction novel, set in his native state of North Dakota.}

Memories from your childhood or past relationships. But awareness of our attachment style can make us more...

In short, doing the job can make your current—or future—ones feel more secure and satisfying.

Insecurity directly, the brain of the insecure partner has the opportunity to re-wire with new thoughts and patterns...

... relationships was a higher degree of security. There are some ways to start working towards a more secure attachment... is not even aware of having a problem or where the problem comes from,” says Sophia Reed, PhD, a...

Research have a secure attachment style. But then we end up in a relationship with a despicable guy. Because you...

... information to grow as partners and friends. What it looks like: a lucky 60% of us has a secure attachment style, i.e.,

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... people cross the same steps when they adopt innovation regardless of how quickly or slowly they proceed. There are also five factors if someone adopts an innovation regardless of the category of adoption of the innovation. Conservative people who embrace tradition and are skeptical of change. Making them change is often difficult, they may use...

... the threat of disciplinary action to make them change. According to the Innovation Dissemination theory, all people adopt the idea or behavior. It becomes widespread. Adaption and diffusion later happen as everyone adapts to the innovation or new behavior at the same time. The key to Rogers’ theory of innovation is to estrange the type of people who are likely to adopt the new behavior and to understand their personal characteristics and motivations.

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