

Soul Stories: *How attachment shapes our lives* by Hazel Leventhal



Category: Autobiography;
Psychology

ISBN: 978-1-913294-50-2
978-1-913294-64-9 (ebook)

Format:

Paperback – April 2020
eBook – June 2020
(284 pages)

Available at tslbooks.uk &
through online retailers

Price: dependent on retailer –
TSL £7.44
Retail price: £12.72
Ebook: £2.58

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attachment shapes our lives

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The case studies in the book illustrate how our earliest relationships affect all future relationships. This book shows that where early attachments have been damaged, people suffer throughout their lives. The stories highlight how therapy can help to understand and heal the damage in order to create fulfilling relationships in the future.

About the author

Hazel Leventhal trained as an attachment-based psychotherapist at The Bowlby Centre, where she chaired the Clinical Forum for several years. She has worked as a Samaritan and is a member of The Alzheimer's Society for whom she has done some publicity work. She co-edited the book *Dementia - An Attachment Approach* published in 2018. She now lives and works in Bedfordshire.



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