

# *Love, Fear, and Health: How Our Attachments to Others Shape Health and Health Care*

Robert Maunder and Jonathan Hunter

What an excellent book! Fascinating, humane, scientifically sound, clinically innovative, and gracefully written. While relying on attachment theory research for important applications to the healthcare field, it opens up topics for further research. It reads quickly and effortlessly because of its lucid prose, engaging author self-disclosures, and efficiently presented, highly instructive case examples. I thoroughly enjoyed it – as an attachment researcher, **sometimes patient negotiating today's** healthcare maze, and a fan of good stories about complex real beings.

**Phillip R. Shaver** PhD, Distinguished Professor of Psychology, Department of Psychology, UC Davis  
Editor of *The Handbook of Attachment* and *The APA Handbook of Personality and Social Psychology*, Author of *Attachment in Adulthood*

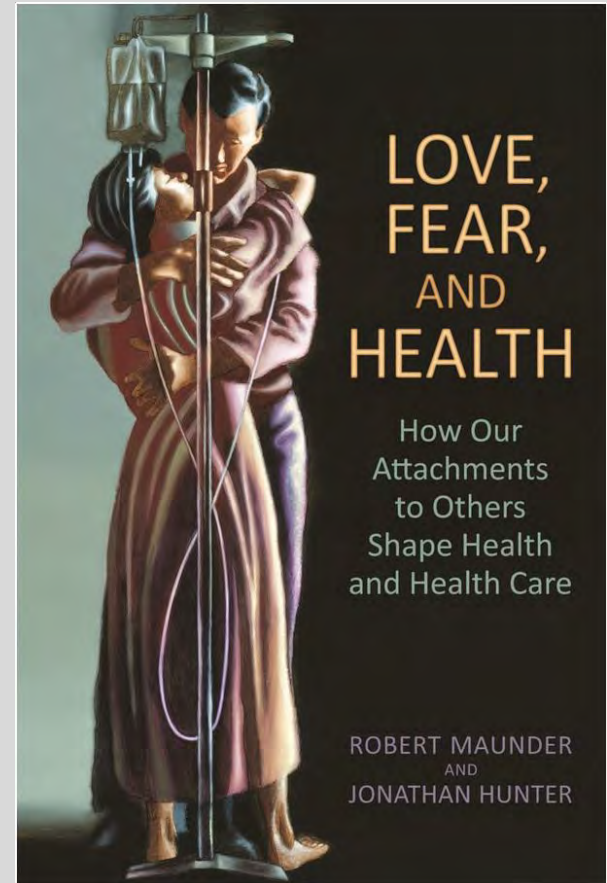
*Love, Fear, and Health* is brilliant. Every healthcare professional concerned with the psychological well-being of his or her patients should read it.

**David Naylor** MD, D. Phil, FRCPC, Professor of Medicine, President Emeritas and former Dean of Medicine, University of Toronto



Popular medical science at its very best, Maunder & Hunter's brilliant book defies superlatives: readable, accessible, amusing, and profound. They show how the evidenced-based science of Attachment is the key that unlocks the puzzle of chronic illness and illness-promoting behaviours... this is in one of those rare books destined to be essential reading for doctors and health workers, at all levels, worldwide, and for years to come.

**Jeremy Holmes** MD FRCPsych MRCP, Professor of Psychology, University of Exeter, UK  
Author of *The Search for the Secure Base* and *Exploring in Security: Towards an Attachment-Informed Psychoanalytic Psychotherapy*



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