

An Epicurean Understanding of Valentine's Day: Love, Romance, and Free-will

Post by “Kalosyni” of January 16, 2022 at 8:12 PM

Here is a beautiful Leonard Cohan song about life-long marriage, and this would illustrate "secure attachment" style.

<https://m.youtube.com/watch?v=NGorjBVag0I>

Attachment theory is interesting, in that it points to why some marriages last and go more smoothly than others. According to attachment theory, a person's early relationships in life with mother/caregiver can affect their romantic relationships later on. The four attachment styles are: 1) secure 2) anxious-preoccupied 3) dismissive-avoidant 4) fearful-avoidant

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[How Different Attachment Styles Affect Relationships](#)

Knowing your attachment style can help improve your romantic relationship.

www.psychologytoday.com

<http://www.epicureanfriends.com/thread/2342-an-epicurean-understanding-of-valentine-s-day-love-romance-and-free-will/?postID=16032#post16032>