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One key aspect of relationships, attachment, is the bond we form with a significant person in our life. It withstands a certain amount of time and leads to a need for continued contact. Now that you understand how good positive attachments can be (Goodbye stress!!) and how negative attachments can be bad (hello health problems!), here's where it comes from.

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Key Lessons from ["Attached"](#) 1. The uniqueness of relationships 2. What is a happy relationship? 3. A long and bumpy ride. The uniqueness of relationships. In truth, not two relationships in the world are identical. So, the pros and cons of each are exclusive and rely on the person's viewpoints.

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