



No More Faceplants: The Choice At the Fork in Your Life's Path

Gordon Wolf PhD

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•To Faceplant: To inadvertently create a situation you didn't want, even the exact opposite of what you wanted. •You ask yourself, "How did I get here again?" !Everyone faceplants! •Faceplants are caused by seeking emotional safety....gone awry; created by what scientists term an Insecure Attachment Strategy. •No More Faceplants brings 60 years of laboratory research in Attachment Strategies to life with explanations, peoples' stories, self-tests, charts, and exercises to help you develop a Secure Attachment Strategy and create peace of mind while pursuing the life you want.

Author review: No More Faceplants is a wise, savvy, compassionate book for people ready to do the work of change. Gordon Wolf is there to help you, and he does it with no judgment and no nonsense. Fair warning: You might feel, as you read, as though someone is peeking directly into your soul. - Ann Weiser Cornell, author of The Power of Focusing and The Radical Acceptance of Everything

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