

## BOOK REVIEW

**DIVING** into the psychological aspect of how people can view God, Dr. Tim Clinton and Dr. Joshua Straub explore Attachment theory in parenting and deliver their findings and information in an understandable and insightful way.

Whether people want to admit it or not, whenever there's a crisis there is a reaction to turn to a higher power or to seek someone for answers to questions we cannot fathom ourselves. How we approach people and God, times of crisis or otherwise, hinges on our attachment styles - secure, insecure, avoidant, and, or, fearful.

With profound studies, convicting analysis, and practical suggestions, Clinton and Straub break down attachment theory and the various attachment styles to explain why we behave the way we do. They also do their utmost to encourage and affirm things do not have to stay the way they are in light of the Gospel of Jesus and the love and grace of God.

Highly consider this book if you are seeking to be convicted, inspired, and encouraged to change the way you view yourself, others, and God.

### Home Application

Ask yourself, "What will it take to convince you that God exists? What do you need from him to be able to emotionally connect with, trust, and live for him every day?" (p. 30).

"How do you view God? Loving? Caring? Accepting? Available? Or is he distant? Judgmental? Uncaring? Write down at least five characteristics of God the way you view him. Begin considering how you have developed these beliefs about and views of God" (p. 63).

"As we study the principles of attachment theory, the lights come on and we realize, 'So that's the reason I've felt and acted that way all my life'" (p. 164).

"People whose parents provided plenty of protection and support are more easily able to understand and grasp God's transcendence and beauty, but those whose parents were absent or abusive instinctively see God as distant, disengaged, or disgusted with them. Our style of attachment with God – whether secure or insecure – can influence our orientation to the adventure and mystery of knowing him" (p. 196).

"Here's another core truth to this book: We are wounded in relationships, and we are healed in them, too... we need time with people to let them speak truth, affirm us, let us explore new concepts, and reconnect with them when we feel threatened" (p. 77).



"A deep, personal understanding of why God matters, and how to have a vibrant relationship with Him..."  
—BISHOP T. D. JAKES, New York Times bestselling author

# GOD Attachment

WHY YOU BELIEVE,  
ACT, AND FEEL  
THE WAY YOU DO  
ABOUT GOD



DR. TIM CLINTON  
AND  
DR. JOSHUA STRAUB

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