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Nota di contenuto	Cover; ON ROMANTIC LOVE: Simple Truths about a Complex Emotion; Copyright; CONTENTS; PREFACE; ACKNOWLEDGMENTS; 1. DANGEROUS LIAISONS: LETTER FROM A FRIEND; 2. GRAVITATION IS NOT RESPONSIBLE FOR PEOPLE FALLING IN LOVE: THE CHEMISTRY OF LOVE; Your Brain on Crack; Beliefs and Brain Chemistry; Taking the Drug Away; Addicted to Grief; Emotional Pain; Stress, Pimples, and Gray Hair; Love and Hate; 3. I HAVE FEELINGS TOO: THE PHILOSOPHY OF LOVE; Love as an Emotion; Basic and Complex Emotions; Is Love a Bodily Sensation?; Uniting Body and World; Strange Connections; Emotional Responses to Fiction Perceived Responses4. HOPELESSLY DEVOTED TO YOU: IRRATIONAL LOVE; Does the Idea of Irrational Love Make Sense?; You Call It Madness, I Call It Love; Irrational Compassionate Love; The Transcendent View of Love; Love as a History; Personal Identity and the Value of Our Beloveds; Is Love Unconditional?; 5. WHY WAS I HOLDING ONTO SOMETHING THAT WOULD NEVER BE MINE?: RELATIONSHIPS AND LOV EATTACHMENT; Secure versus Insecure Attachment; Childish Relationships; Avoidant Attachment; Anxious Attachment; Familiar Love; Jealousy and Anxious Attachment; Avoidance and Love as a History Can Attachment Styles Change?Attachment Love; Can Animals Love?; 6. SOMETIMES THE HEART SEES WHAT IS INVISIBLE TO THE EYE:

UNCONSCIOUS LOVE; Opponents of Unconscious Affection; Unconscious Affect; Two Emotional Pathways; Unconscious Love; In Your Dreams; Is Love a Disposition?; 7. HE'S JUST NOT THAT INTO YOU: AND OTHER IN-BETWEEN CASES OF LOVE; Prototypes; "Love" Is Gradable; He's Just Not That into You; Love and Ambivalence; 8. I'D DO ANYTHING FOR LOVE (BUT I WON'T DO THAT): LOVE AND SEX; Non-Monogamous Love as In-Between Cases; Love and Casual Sex; The Other Dimension of Sex  
9. UN-BREAK MY HEART: HOW TO FALL OUT OF LOVE Never Mind Searching for Who You Are. Search for the Person You Aspire to Be; Psychoanalysis and Talk Therapy; Emotional Regulation and Avoidance Behavior; The Repetition Technique; Prolonged Exposure Therapy; Eye Movement Desensitization and Reprocessing; Deep Relaxation and Meditation; Heartbreak and Placement Conditioning; The Sinclair Method; Out, Damned Spot: Using Soap to Wash Away Your Negative Feelings; 10. HAPPINESS IS LOVE. FULL STOP: LOVE, MARRIAGE, AND THE PURSUIT OF HAPPINESS; Emotional Regulation as a Route to Happiness  
Negative Thinking as a Path to Happiness? Marriage and Happiness; Love and Happiness; SOMETIMES THE HEART WANTS WHAT IT WANTS: THE END; NOTES; Chapter 1; Chapter 2; Chapter 3; Chapter 4; Chapter 5; Chapter 6; Chapter 7; Chapter 8; Chapter 9; Chapter 10; Conclusion; BIBLIOGRAPHY; INDEX

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Sommario/riassunto

Romantic love presents some of life's most challenging questions. Can we choose who to love? Is romantic love rational? Can we love more than one person at a time? And can we make ourselves fall out of love? In *On Romantic Love*, Berit Brogaard attempts to get to the bottom of love's many contradictions. This short book, informed by both historical and cutting edge philosophy, psychology, and neuroscience, combines a new theory of romantic love with entertaining anecdotes from real life and accessible explanations of the neuroscience underlying our wildest passions. Against the grain, Brogaard

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