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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

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
