

We Understanding The Psychology Of Romantic Love

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[The Wisdom of Anxiety](#) - Sheryl Paul 2019-05-28

A counselor in the depth psychology tradition shows readers there's nothing to fear from anxiety "The Wisdom of Anxiety serves as a well-lit pathway to the truth of who we are and to how to navigate life when paralyzed by anxiety, depression, overwhelm, and a sense of hopelessness." —Alanis Morissette, singer-songwriter Work anxiety. Relationship anxiety. Social anxiety. World anxiety. Money anxiety. Health anxiety. How does reading those words make you feel? All too often, when we experience the things that give us anxiety, our first instinct is to try to run away or numb out from feeling them. But what if the unpleasant feelings you want to turn away from are actually vital sources of information about your well-being? In *The Wisdom of Anxiety*, counselor Sheryl Paul examines the deeper meaning of the racing thoughts, sweaty palms, and insomnia that accompany the uncertain moments of our lives. No one likes to feel anxiety—and yet, Paul asserts it can be a remarkably direct messenger of our subconscious. Here you will learn how you can pause and listen to your anxieties to discover inner truths that you've been avoiding. This lyrically written book not only considers the many forms anxieties can take, but also provides deep-divide practices for addressing them at their roots. Here you will learn: The nature of intrusive thoughts and how to manage them. How to

explore states of loneliness, apathy, regret, and shame without being caught up in them. Feeling anxiety around feeling good? Discover why and what to do about it. How to cultivate your own loving inner parent. Why anxiety can arise from boredom and longing. How to create healthy and meaningful personal rituals to relieve anxiety. Navigating the many sources of anxiety in relationships. Whether it's worry around raising children, nervousness about world events, or any other way anxiety manifests, *The Wisdom of Anxiety* can help you uncover the true source of your discomfort and find the rich self-knowledge within.

[The Psychology of Love and Hate in Intimate Relationships](#) - Katherine Aumer 2016-06-23

Social psychology has made great advancements in understanding how our romantic relationships function and to some extent, dissolve. However, the social and behavioral sciences in much of western scholarship often focus exclusively on the more positive aspects of intimate relationships--and less so on more controversial or unconventional aspects. The goal of this volume is to explore and illuminate some of these underrepresented aspects: aspects such as non-monogamy, female orgasm, sadism, and hate, that often function alongside love in intimate relationships. Ultimately, by looking at intimate relationships in this way, the volume contributes to and

advocates for a more holistic and comprehensive view of intimate relationships. Throughout the volume, contributors from social, clinical, and evolutionary psychology cover love and hate from a variety of (sometimes opposing) perspectives. The first section, covers love and the changing landscape of intimate relationships. Its chapters review the current literature and research of understudied topics like non-monogamy, female orgasm, sexual fantasies, and the viewpoint of love as something other than positive. The second section explores hate and how hate can operate in intimate relationships—for example, the appearance of sadistic behavior and debates the nature of hate as either a motivation or emotion. The volume concludes, by looking at ways in which the appearance of hate in relationships can be dealt with and overcome successfully. Taken together, these two sections reflect the full variety of experiences within intimate relationships. With the aim of exploring how love and hate can—and frequently do—work together, *The Psychology of Love and Hate in Intimate Relationships* is a fascinating psychological exploration of intimate relationships in modern times. It is an invaluable resource to academics and students specializing in psychology, gender, and sociology, including clinicians and therapists, and all those interested in increasing our knowledge of intimate relationships.

Wired for Love - Stephanie Cacioppo 2022-04-05

From the world's foremost neuroscientist of romantic love comes a personal story of connection and heartbreak that brings new understanding to an old truth: better to have loved and lost than never to have loved at all. At thirty-seven, Dr. Stephanie Cacioppo was content to be single. She was fulfilled by her work on the neuroscience of romantic love—how finding and growing with a partner literally reshapes our brains. That was, until she met the foremost neuroscientist of loneliness. A whirlwind romance led to marriage and to sharing an office at the University of Chicago. After seven years of being inseparable at work and at home, Stephanie lost her beloved husband, John, following his intense battle with cancer. In *Wired for Love*, Stephanie tells not just a science story but also a love story. She shares revelatory insights into how and why we fall in love, what makes love last, and how we process

love lost—all grounded in cutting-edge findings in brain chemistry and behavioral science. Woven through it all is her moving personal story, from astonishment to unbreakable bond to grief and healing. Her experience and her work enrich each other, creating a singular blend of science and lyricism that's essential reading for anyone looking for connection.

Ecstasy - Robert A. Johnson 2009-07-21

THE RENOWNED JUNGIAN PSYCHOLOGIST AND AUTHOR OF 'TRANSFORMATION' AND 'OWNING YOUR OWN SHADOW' BRINGS THE HIDDEN GIFT OF ECSTASY BACK INTO OUR LIVES. Robert A. Johnson has taken tens of thousands of readers on spiritual and psychological journeys

The Fisher King and the Handless Maiden - Robert A. Johnson 2009-07-21

In the tradition of Annie Dillard and Natalie Goldberg, this resource for writers and non-writers alike shows the act of writing to be a dynamic means of knowing, healing, and creating the body, mind, and spirit.

The New Psychology of Love - Robert J. Sternberg 2018-12-06

This is a much-needed development from the first edition that provides an update on the theory and research on love by world-renowned scientific experts. It explores love from a diverse range of standpoints: social-psychological, evolutionary, neuropsychological, clinical, cultural, and even political. It considers questions such as: how men and women differ in their love, what makes us susceptible to jealousy and envy in relationships, how love differs across various cultures? As the neuropsychological basis of love is examined, this study showcases what attracts people to one another, why love has developed the way it has over time, and what evolutionary purpose it serves. It also analyses why and when love relationships both succeed and fail, which means readers will be rewarded with a better understanding of their own relationships and those of others, as well as what can be done to build a lasting, loving relationship.

Inner Gold - Robert A. Johnson 2016-01-15

Robert A. Johnson, bestselling author of *He, She, We* and other

psychology classics, shares a lifetime of insights and experiences in this easy-to-read book on psychological projection - seeing traits in others that are, in fact, our own. Drawing on early Christianity, mediaeval alchemy, depth psychology and the myths of The Flying Dutchman and The Once and Future King, he, also, explores the subjects of loneliness, fundamentalist religion and the spiritual dimensions of psychology.

The Five Love Languages - Gary Chapman 2016-06-30

In *The 5 Love Languages*, you will discover the secret that has transformed millions of relationships worldwide. Whether your relationship is flourishing or failing, Dr. Gary Chapman's proven approach to showing and receiving love will help you experience deeper and richer levels of intimacy with your partner starting today.

Attached - Amir Levine 2012-01-05

"Over a decade after its publication, one book on dating has people firmly in its grip." —The New York Times We already rely on science to tell us what to eat, when to exercise, and how long to sleep. Why not use science to help us improve our relationships? In this revolutionary book, psychiatrist and neuroscientist Dr. Amir Levine and Rachel Heller scientifically explain why some people seem to navigate relationships effortlessly, while others struggle. Discover how an understanding of adult attachment—the most advanced relationship science in existence today—can help us find and sustain love. Pioneered by psychologist John Bowlby in the 1950s, the field of attachment posits that each of us behaves in relationships in one of three distinct ways:

- Anxious people are often preoccupied with their relationships and tend to worry about their partner's ability to love them back
- Avoidant people equate intimacy with a loss of independence and constantly try to minimize closeness.
- Secure people feel comfortable with intimacy and are usually warm and loving.

Attached guides readers in determining what attachment style they and their mate (or potential mate) follow, offering a road map for building stronger, more fulfilling connections with the people they love.

Mrs Dalloway: And 'Mrs Dalloway in Bond Street' -

Living Your Unlived Life - Robert A. Johnson 2007-10-04

The esteemed Jungian psychologist counsels on how to cope with feelings of failure or regret in the latter half of life and how to open to a more meaningful existence, even if outer circumstances cannot be changed. In *Living Your Unlived Life*, the renowned therapist Robert A. Johnson, writing with longtime collaborator and fellow Jungian psychologist Jerry M. Ruhl, offers a simple but transformative premise: Our abandoned, unrealized, or underdeveloped talents, when they are not fully integrated into our lives, can become profoundly troublesome in midlife, leading us to depression, suddenly hating our spouses, our jobs, or even our lives. When our unlived lives are brought to consciousness, however, they can become the fuel that can propel us beyond our limitations?even if our outer circumstances cannot always be visibly altered.

The Brain in Love - Daniel G. Amen, M.D. 2009-07-14

You hold the key to stronger relationships, deeper connections, and heightened intimacy. Everyone wants to know how to improve his or her love life, but so few of us understand the integral role the brain plays in attraction, keeping us excited about our partner, and helping us feel a strong connection. Based on Dr. Daniel Amen's cutting-edge neuroscience research, *The Brain in Love* shares twelve lessons that help you enhance your love life through understanding and improving brain function. Filled with practical suggestions and information on how to have lasting and more fulfilling relationships, *The Brain in Love* reveals:

- How emotional and physical intimacy can help prevent heart disease, improve memory, stave off cancer, and boost your immune system
- How the differences between men's and women's brains affect our perceptions and interest in sex
- The science behind why breakups hurt so much, and what you can do to ease the pain
- Surefire techniques to fix common problems—depression, PMS, ADD—that contribute to conflicts
- How to make yourself unforgettable to your partner

The Brain in Love explains everything there is to know about the brain in love and lust, guiding you to the emotional and physical intimacy you need.

Why We Love - Helen Fisher 2005-01-02

A revolutionary new study of the origins of love based on physiological

research probes the human brain for insights into the origins of the sex drive, romance, and attraction, while also offering practical advice on how to control and channel these desires into healthy pursuits. Reprint. 60,000 first printing.

She - Robert A. Johnson 1986

A revised edition of a landmark work of psychology; the author uses the ancient myth of Amor and Psyche as the springboard for a brilliant, perceptive exploration of how one becomes a mature and complete woman.

We - Robert A. Johnson 2013-03-05

Provides an illuminating explanation of the origins and meaning of romantic love and shows how a proper understanding of its psychological dynamics can revitalize our most important relationships.

Falling Out of Romantic Love - Crystal Wilhite Hemesath 2019-07-04

In this innovative and user-friendly guide, Crystal Wilhite Hemesath identifies the factors that lead to relationship breakdown and suggests key strategies for the prevention and treatment of falling out of romantic love (FORL). Grounded in research and two decades of clinical experience, *Falling Out of Romantic Love* outlines strategies for preparing and maintaining healthy, enduring, romantic relationships as well as what to do when FORL becomes a threat. Applicable to daily life, and relevant to a wide range of scenarios, this book contains a plethora of information for individuals just beginning an intimate partner relationship, long-married couples, or for those simply curious about romantic relationships and the problems that may arise. Helpful tips are also provided for individuals trying to decide if they should remain in a relationship and for those experiencing heartbreak on the receiving end of FORL. Rich in real-life examples, this book arms professionals with a greater understanding of why people fall out of romantic love. It's an indispensable guide for marriage and family therapists, as well as other mental health professionals or clergy looking to incorporate additional tools and clinical interventions into their work.

The Psychology of Love - Michele Antoinette Paludi 2012

From arranged marriages to online dating, this four-volume work

presents everything from personal accounts to empirical evidence to document what creates love in our culture as well as around the world. * Showcases individual accounts regarding the perennial question of "what is love?" * Highlights cultural similarities and differences * Provides up-to-date empirical research * Supplies extensive bibliographic materials and a list of organizations regarding relationships, including abusive relationships

He - Robert A. Johnson 2009-07-21

"Entertaining, informative, thought-provoking, mysterious, poetic. Men who read it will surely learn much about themselves, and women—particularly those who are unfortunately misled into thinking of men as "the enemy"—will find it a real eye-opener."—Ruth Tiffany Barnhouse, M.D., Th.M., Harvard University Robert A. Johnson's classic work exploring the differences between man and woman, female and male—newly reissued. What does it really mean to be a man? What are some of the landmarks along the road to mature masculinity? And what of the feminine components of a man's personality? Women have developed, over the centuries, considerable expertise in the technique of adapting to men, and for good reason, but that is not the same as truly understanding them. The transition from male childhood to real manhood is a complicated struggle, and explored in this book. As timely today as when it was first published, *He* provides a fascinating look into male identity and how female dynamics influence men.

Love Sense - Dr. Sue Johnson 2013-12-31

The bestselling author of *Hold Me Tight* presents a revolutionary new understanding of why and how we love, based on cutting-edge research. Every day, we hear of relationships failing and questions of whether humans are meant to be monogamous. *Love Sense* presents new scientific evidence that tells us that humans are meant to mate for life. Dr. Johnson explains that romantic love is an attachment bond, just like that between mother and child, and shows us how to develop our "love sense" -- our ability to develop long-lasting relationships. Love is not the least bit illogical or random, but actually an ordered and wise recipe for survival. *Love Sense* covers the three stages of a relationship and how to

best weather them; the intelligence of emotions and the logic of love; the physical and psychological benefits of secure love; and much more. Based on groundbreaking research, Love Sense will change the way we think about love.

Contentment - Robert A. Johnson 2009-07-21

Simple Gifts of Contentment The forces of modern life urge us to achieve and acquire more, pushing us outward in our quest for contentment.

World-renowned Jungian analyst Robert A. Johnson and psychotherapist Jerry M. Ruhl guide us inward, to a deep understanding of true, lasting happiness. Instead of relegating joy and satisfaction to another time, a different place, a better circumstance ("just as soon as I finish this project / land that perfect job / find a new relationship"), Johnson and Ruhl encourage us to negotiate and embrace "what is." Instructive and wise, this gentle guide contains all the tools we need—including illustrative stories, myths, poems, and practical exercises—to seize true contentment in the here and now.

[Psychology of Love 101](#) - Karin Sternberg, PhD 2013-10-15

"Reflecting the breath of love's myriad effects and possible causes, as well as the relatively recent volume of systematic scientific inquiry into these, the love literature is sprawling and unruly. Sternberg, however, has done an excellent job of selecting representative approaches and findings and presenting them to students in an organized, scholarly, and engaging way." Ellen Berscheid, PhD Regents' Professor of Psychology Emeritus University of Minnesota While many people view love as a nebulous concept that is difficult to study scientifically, there exists a substantial psychological discipline that studies intimate relations. This incisive text provides a comprehensive tour of both classic and contemporary theories and research on the how and why of human love. In addition to presenting the major biological, social, and cultural theories that have been developed on this topic, the book looks at what research has shown us about such essential issues as basic attraction, the life course of relationships, how personality and environment affect love, and how therapeutic interventions can sometimes improve relationships. Both scholarly and practical, the book is unique in also

helping readers to understand their own relationships. Concise and accessible, the text illustrates how a love relationship can be measured and explores the questions posed by psychologists in their quest for understanding: Is love simply a function of human biology? What part do our individual personalities play in attracting and maintaining love relationships? Can people stay in love? How does being in a close relationship affect our mental and physical health? The book not only covers the most relevant research that the discipline of psychology has developed on intimate relationships, but also aims to help readers put this research into a practical context to help them understand their own love relationships. The book concludes with a review of various therapeutic approaches to improving love relationships. Case studies and questionnaires illustrate key points. Key Features: Offers a brief, accessible, and up-to-date survey of theory and research on the psychology of love Discusses how love relationships can be measured Includes short quizzes that readers can take and self-score to help them understand their own ways of engaging with love Provides concrete and practical suggestions, based on scholarly research, on how readers can improve their own relationships. Written for undergraduate students

Psychology of Self-Esteem - Nathaniel Branden 1980

She - Robert A. Johnson 2009-07-21

Robert A. Johnson's groundbreaking, brilliant, and insightful work on how women transition into being mature and developing their own identity—newly reissued. What does it mean to be a woman? What is the pathway to mature femininity? And what of the masculine components of a woman's personality? Many scholars and writers have long considered that the ancient myth of Amor and Psyche is really the story of a woman's task of becoming whole, complete, and individuated. Here, examining this ancient story in depth and lighting up the details, Robert A. Johnson has produced an arresting and perceptive exploration of what it means to become a woman. You will not read these pages without understanding the important women in your life and a good deal about yourself as a woman. More important than ever before, She offers a

compelling study of women.

Recipes For A Perfect Marriage - Kate Kerrigan 2012-03-29

"They say there is no such thing as a perfect marriage, but of course there is. A perfect marriage is where two people live together for most of their lives until death separates them. What there is no such thing as is an easy marriage. And when it comes to love, people have somehow come around to equating love with ease". New York food writer Tressa returns from honeymoon worried that she has married her impossibly handsome new husband Dan out of late-thirties panic instead of love. In 1930's Ireland, her grandmother, Bernadine, is married off to the local schoolteacher after her family are unable to raise a dowry for her to marry her true love, Michael. During the first year of her marriage, Tressa distracts herself from her stay-or-go dilemma by working on her grandmother's recipes, searching for solace and answers through their preparation. Through the stories of these two women RECIPES FOR A PERFECT MARRIAGE challenges the modern ideal of romantic love as a given and ponders whether true love can really be learned. 'This story is written with so much heart, its beat is palpable in every word on every page' Cecelia Ahern, author of P.S., I LOVE YOU

Inner Work - Robert A. Johnson 2009-11-03

From Robert A. Johnson, the bestselling author of Transformation, Owing Your Own Shadow, and the groundbreaking works He, She, and We, comes a practical four-step approach to using dreams and the imagination for a journey of inner transformation. In Inner Work, the renowned Jungian analyst offers a powerful and direct way to approach the inner world of the unconscious, often resulting in a central transformative experience. A repackaged classic by a major name in the field, Robert Johnson's Inner Work enables us to find extraordinary strengths and resources in the hidden depths of our own subconscious.

The Psychology of Romantic Love - Nathaniel Branden 1981

Balancing Heaven and Earth - Robert A. Johnson 2000-09-01

Johnson's memoirs encourages the reader to follow the subtle influences of dreams, visions, and deepest sufferings in order to live attuned to the

spiritual self.

Grit - Angela Duckworth 2016-05-03

In this instant New York Times bestseller, Angela Duckworth shows anyone striving to succeed that the secret to outstanding achievement is not talent, but a special blend of passion and persistence she calls "grit." "Inspiration for non-genius everywhere" (People). The daughter of a scientist who frequently noted her lack of "genius," Angela Duckworth is now a celebrated researcher and professor. It was her early eye-opening stints in teaching, business consulting, and neuroscience that led to her hypothesis about what really drives success: not genius, but a unique combination of passion and long-term perseverance. In Grit, she takes us into the field to visit cadets struggling through their first days at West Point, teachers working in some of the toughest schools, and young finalists in the National Spelling Bee. She also mines fascinating insights from history and shows what can be gleaned from modern experiments in peak performance. Finally, she shares what she's learned from interviewing dozens of high achievers—from JP Morgan CEO Jamie Dimon to New Yorker cartoon editor Bob Mankoff to Seattle Seahawks Coach Pete Carroll. "Duckworth's ideas about the cultivation of tenacity have clearly changed some lives for the better" (The New York Times Book Review). Among Grit's most valuable insights: any effort you make ultimately counts twice toward your goal; grit can be learned, regardless of IQ or circumstances; when it comes to child-rearing, neither a warm embrace nor high standards will work by themselves; how to trigger lifelong interest; the magic of the Hard Thing Rule; and so much more. Winningly personal, insightful, and even life-changing, Grit is a book about what goes through your head when you fall down, and how that—not talent or luck—makes all the difference. This is "a fascinating tour of the psychological research on success" (The Wall Street Journal).

Masochism - Lyn Cowan 1998-02

"Redeeming masochistic modes from the 'hell of meaninglessness,' Cowan makes a persuasive case for the very extremes of masochism as manifesting a 'religious instinct.'" -- Utne Reader

Transformation - Robert A. Johnson 2009-07-21

Presenting an original and vital model for psychological development, the brilliant and pioneering author of *He, She, and We* offers a new understanding of the stages of personal growth through which maturity and wholeness can be achieved. Using quintessential figures from classical literature--Don Quixote, Hamlet, and Faust--Robert Johnson shows us three clearly defined stages of consciousness development. He demonstrates how the true work of maturity is to grow through these levels to the self-realized state of completion and harmony. In Johnson's view, we all reach the stages depicted by Don Quixote, Hamlet, and Faust at various times of our lives. The three represent levels of consciousness within us, each vying for dominance. Don Quixote portrays the innocent child, while Hamlet stands for our self-conscious need to act and feel in control though we have no real connection to our inner selves. Faust embodies the master of the true self, who has gained awareness by working through the stages.

Why We Love - Anna Machin 2022-02-01

An Oxford evolutionary anthropologist explores the ever-elusive science of love.

In The Name of Love - Aaron Ben-Ze'ev 2008-02-21

We yearn to experience the idealized love depicted in so many novels, movies, poems, and popular songs. Ironically, it is the idealization of love that arms it with its destructive power. Popular media consistently remind us that love is all we need, but statistics concerning the rate of depression and suicides after divorce or romantic break up remind us what might have happened if "all that we need" is taken away. This book is about our ideals of love, our experiences, of love, the actual disparity between the two, and the manners of coping with this disparity. A major study case of the book concerns men who have murdered their wives or partners allegedly 'out of love'. It is estimated that over 30% of all female murder victims in the United States die at the hands of a former or present spouse or boyfriend. How can murdering a loved one be associated with the assumed moral and altruistic love? Not only is love intrinsically ambivalent, but it can also give rise to dangerous consequences. Some of the worst evils have been committed in the name

of love (as in the name of God). A unique collaboration between a leading philosopher in the field of emotions and a social scientist, *In the Name of Love* presents fascinating insights into romantic love and its future in modern society.

Femininity Lost and Regained - Robert A. Johnson 2011-02-01

The author of the phenomenal bestsellers *He and She* discusses the importance of regaining the feminine dimension in our lives. According to Johnson, regaining the power of feminine feeling and value is critical to the development of human peace and consciousness.

Love: The Psychology of Attraction - DK 2016-01-05

Love: The Psychology of Attraction is an easy-to-navigate, step-by-step guide to modern love that's grounded in scientific study, psychological expertise, and practical insights about romance in the age of social media. Crack the code of compatibility and find the path to true love with this unique guide to finding the perfect mate in the modern world. *Love: The Psychology of Attraction* offers answers to your burning questions: How should I present myself online? What are red flags in a first phone call? Is it time to meet family members? And it answers some unexpected questions, too: Is chemistry predictable? Do I have a "lifestyle type"? With every quiz, assessment, and inviting infographic, *Love: The Psychology of Attraction* guides you toward deeper, more satisfying relationships that can lead to long-term fulfillment.

Positive Psychology of Love - M. Hojjat 2013-06-27

Positive Psychology of Love brings together the latest research and theory in the field of close relationships from positive psychology, suggesting ways individuals can have more fulfilling close and intimate relationships, and how these relationships may enhance our lives.

Lying with the Heavenly Woman - Robert A. Johnson 2009-07-21

The bestselling author of *He, She, and We* analyzes two mythic stories that illuminate the malaise of our time--the wounded feeling function.

Owning Your Own Shadow - Robert A. Johnson 2013-02-26

Understand the dark side of your psyche—a Jungian approach to transformative self-acceptance. We all have shadows—the unlit part of our ego that is hidden and never goes away, but merely—and often

painfully—turns up in unexpected places. This powerful work from the acclaimed Jungian analyst and bestselling author of *Inner Work* and *We* explores our need to “own” our own shadow: learn what it is, how it originates, and how it impacts our daily lives. It is only when we accept and honor the shadow within us that we can channel its energy in a positive way and find balance.

Triangle Of Love - Robert J. Sternberg 1988-11-08

A noted psychologist researches the make-up of love, citing three main ingredients--intimacy, passion, and commitment--that determine the success of a relationship and offers guidelines for enhancing personal relationships

The Psychology of Romantic Love - Robert A. Johnson 1988-11

By retelling the myth of Tristan and Iseult, the author provides an illuminating exploration of the origins and meaning of romantic love. From *Romeo and Juliet* to the latest romantic novel he offers both women and men insights into their inner selves and the forces at work when we are caught up in the experience of romantic love.

What Love Is - Carrie Jenkins 2017-01-24

A rising star in philosophy examines the cultural, social, and scientific interpretations of love to answer one of our most enduring questions: What is love? Aside from being the title of many a popular love song, this is one of life's perennial questions. In *What Love Is*, philosopher Carrie Jenkins offers a bold new theory on the nature of romantic love that reconciles its humanistic and scientific components. Love can be a social construct (the idea of a perfect fairy tale romance) and a physical manifestation (those anxiety-inducing heart palpitations); we must recognize its complexities and decide for ourselves how to love. Motivated by her own polyamorous relationships, she examines the ways in which our parameters of love have recently changed—to be more accepting of homosexual, interracial, and non-monogamous relationships—and how they will continue to evolve in the future. Full of anecdotal, cultural, and scientific reflections on love, *What Love Is* is essential reading for anyone seeking to understand what it means to say “I love you.” Whether young or old, gay or straight, male or female, polyamorous or monogamous, this book will help each of us decide for ourselves how we choose to love.