

The Psychology Of Romantic Love Romantic Love In An Anti Romantic Age

The Psychology of Romantic Love - Nathaniel Branden 1980

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.

The Romantic Love Question & Answer Book - Nathaniel Branden 1982

Romantic Love and Personal Beauty - Henry T. Finck 1887

Romantic Love in Cultural Contexts - Victor Karandashev 2016-12-24

This volume presents a conceptual, historical, anthropological, and sociological review of how culture affects our experience and expression of romantic love. What is romantic love and how is it different from and similar to other kinds of love? How is romantic love related to sex and marriage in human history and across contemporary cultures? What cultural factors mediate attraction in love? These are some of the questions the volume explores through its interdisciplinary yet focused lens. Much of the current research evidence suggests that love is a universal emotion experienced by a majority of people, in various historical eras, and in all the world's cultures. Yet, love displays in different ways because culture has an impact on people's conceptions of love and the ways they feel, think, and behave in romantic relationships.

This volume summarizes classical knowledge on love and culture while at the same time focusing sharply on recent studies and cutting-edge research that has advanced the field. Divided into three parts, the volume begins by defining and analyzing the concept of romantic love and interdisciplinary approach to its study in cultural context. Part II traces the origin and evolution of romantic love both in various places throughout the world and various time periods throughout history. Part III presents the revolutionary expansion of romantic love ideas and practices in the late 20th and early 21st centuries in various parts of the world, focusing particularly on the development of romantic love as a cultural ideal of the modern cultures. Finally, the book concludes by summarizing the major achievements in this field of study and predicts future development. A timely and thoughtful addition to the literature, *Romantic Love in Cultural Contexts* delivers thought-provoking insights to researchers in relationship scholarship, sociology, anthropology, and cultural studies, and all those interested in the universal human concept of love. Overall I find Dr. Victor Karandashev is an excellent and fine scholar who has a firm grasp of both the fundamental principles of cross-cultural research and of anthropology. In our increasingly connected world *Romantic Love in Cultural Contexts* updates and adds to the descriptions and explanations of similarities and differences in romantic love across generations and cultures. Romantic love encompasses the life span, rather than being a phenomenon largely confined to youthful years. The topic of this project concerns the deepest of our sentiments and pervades life from birth to death. This book contributes to better knowledge of this phenomenon across generations. Félix Neto (Professor

of Psychology) Faculdade de Psicologia e de Ciências da Educação
Universidade do Porto, Portugal

How to Raise Your Self-Esteem - Nathaniel Branden 2011-07-06

Of all the judgments you make in life, none is as important as the one you make about yourself. The difference between low self-esteem and high self-esteem is the difference between passivity and action, between failure and success. Now, one of America's foremost psychologists and a pioneer in self-esteem development offers a step-by-step guide to strengthening your sense of self-worth. Here are simple, straightforward and effective techniques that will dramatically improve the way you think and feel about yourself. You'll learn: How to break free of negative self-concepts and self-defeating behavior. How to dissolve internal barriers to success in work and love. How to overcome anxiety, depression, guilt and anger. How to conquer the fear of intimacy and success. How to find -- and keep -- the courage to love yourself. And much more.

Honoring the Self - Nathaniel Branden 1985

Self-Esteem at Work - Nathaniel Branden 1998-07-21

Like a personal three-hour session with the world-renowned psychologist and father of the self-esteem movement Nathaniel Branden, this book shows business leaders how to build corporate competitiveness by developing creative, dynamic, and confident people and workplaces.

All About Love - bell hooks 2018-01-30

A New York Times bestseller and enduring classic, All About Love is the acclaimed first volume in feminist icon bell hooks' "Love Song to the Nation" trilogy. All About Love reveals what causes a polarized society, and how to heal the divisions that cause suffering. Here is the truth about love, and inspiration to help us instill caring, compassion, and strength in our homes, schools, and workplaces. "The word 'love' is most often defined as a noun, yet we would all love better if we used it as a verb," writes bell hooks as she comes out fighting and on fire in All About Love. Here, at her most provocative and intensely personal, renowned scholar, cultural critic and feminist bell hooks offers a proactive new ethic for a society bereft with lovelessness--not the lack of romance, but

the lack of care, compassion, and unity. People are divided, she declares, by society's failure to provide a model for learning to love. As bell hooks uses her incisive mind to explore the question "What is love?" her answers strike at both the mind and heart. Razing the cultural paradigm that the ideal love is infused with sex and desire, she provides a new path to love that is sacred, redemptive, and healing for individuals and for a nation. The Utne Reader declared bell hooks one of the "100 Visionaries Who Can Change Your Life." All About Love is a powerful, timely affirmation of just how profoundly her revelations can change hearts and minds for the better.

Extravagant Expectations - Paul Hollander 2011-05-16

The proliferation of dating websites, printed personals and self-help relationship books reflect the new ways Americans seek close, personal relationships. Exposed to changing and often conflicting values, trends, and fashions—disseminated by popular culture, advertising and assorted "experts"—Americans face uncertainties about the best ways to meet important emotional and social needs. How do we establish lasting and intimate personal relationships including marriage? In *Extravagant Expectations* Paul Hollander investigates how Americans today pursue romantic relationships, with special reference to the advantages and drawbacks of Internet dating compared to connections made in school, college, and the workplace. By analyzing printed personals, dating websites, and advice offered by pop psychology books, he examines the qualities that people seek in a partner and also assesses the influence of the remaining conventional ideas of romantic love. Hollander suggests that notions of romantic love have changed due to conflicting values and expectations and the impact of pragmatic considerations. Individualism, high expectations, social and geographic mobility, changing sex roles, and the American national character all play a part in this fascinating and finally sobering exploration of men and women to find love and meaning in life.

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.

Love The Psychology Of Attraction - DK 2016-01-15

Sick of a flat love life? Crack the code of compatibility with Love: The Psychology of Attraction a practical guide to successful dating and a happy relationship. Which ingredients promise the happiest romantic chemistry? How can understanding your own psyche help you succeed in love? This book answers all your love-related questions and gives you concrete dating tips. Finally understand what makes people tick and use scientific findings from social and behavioural psychologists to get your love life on track. Plus questionnaires and self-analysis exercises ensure the insights gained are appropriate to your own situation. If you're looking for passion, excitement, security or to fall in love, this relationship road map will put you on the right track, and keep you there.

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

This is a much-needed update on the latest theory and research on love supplied by leading scientific experts. It is suitable for psychologists, neuroscientists, anthropologists, sociologists, and anyone with an interest in love and what has been learned from scientific studies of it.

Why We Love - Helen Fisher 2005-01-02

A groundbreaking exploration of our most complex and mysterious emotion Elation, mood swings, sleeplessness, and obsession—these are the tell-tale signs of someone in the throes of romantic passion. In this revealing new book, renowned anthropologist Helen Fisher explains why

this experience—which cuts across time, geography, and gender—is a force as powerful as the need for food or sleep. Why We Love begins by presenting the results of a scientific study in which Fisher scanned the brains of people who had just fallen madly in love. She proves, at last, what researchers had only suspected: when you fall in love, primordial areas of the brain "light up" with increased blood flow, creating romantic passion. Fisher uses this new research to show exactly what you experience when you fall in love, why you choose one person rather than another, and how romantic love affects your sex drive and your feelings of attachment to a partner. She argues that all animals feel romantic attraction, that love at first sight comes out of nature, and that human romance evolved for crucial reasons of survival. Lastly, she offers concrete suggestions on how to control this ancient passion, and she optimistically explores the future of romantic love in our chaotic modern world. Provocative, enlightening, and persuasive, Why We Love offers radical new answers to the age-old question of what love is and thus provides invaluable new insights into keeping love alive.

The Art of Living Consciously - Nathaniel Branden 1999-06-16

The Art of Living Consciously Is an Operating Manual for Our Basic Tool of Survival In The Art of Living Consciously, Dr. Nathaniel Branden, our foremost authority on self-esteem, takes us into new territory, exploring the actions of our minds when they are operating as our life and well-being require -- and also when they are not. No other book illuminates so clearly what true mindfulness means: * In the workplace * In the arena of romantic love * In child-rearing * In the pursuit of personal development Today we are exposed to an unprecedented amount of information and an unprecedented number of opinions about every conceivable aspect of life. We are thrown on our own resources as never before -- and we have nothing to protect us but the clarity of our thinking. In The Art of Living Consciously, Branden gives us the tools with which to draw out the best within us.

Psychology of Romantic Love - Nathaniel Branden 1981-09-01

The Psychology of Romantic Love - Nathaniel Branden 2008-01-31

What love is, why love is born, why it sometimes grows, and why it sometimes dies. Have you ever wondered how romantic love evolves? What the difference is between mature and immature love? What role sex plays in romantic love, and whether love necessarily implies sexual exclusivity? And, most important, how can we make love last? Originally published in 1980, this updated edition of *The Psychology of Romantic Love* explores the nature of romantic love on many levels—the philosophical, the historical, the sociological, and the physiological. Nathaniel Branden explains why so many people say that romantic love is just not possible in today's world and—drawing on his experience with thousands of couples—finds that such love is still a possibility for anyone who understands its essence and is willing to accept its challenges. Branden sees it as a pathway not only to extraordinary joy but also to profound self-discovery. His vision of love is thoroughly appropriate to our time and grounded in our humanness.

[Cross-Cultural Perspectives on the Experience and Expression of Love](#) - Victor Karandashev 2019-06-05

This ambitious volume integrates findings from various disciplines in a comprehensive description of the modern research on love and provides a systematic review of love experience and expression from cross-cultural perspective. It explores numerous interdisciplinary topics, bringing together research in biological and social sciences to explore love, probing the cross-cultural similarities and differences in the feelings, thoughts, and expressions of love. The book's scope, which includes a review of major theories and key research instruments, provides a comprehensive background for any reader interested in developing an enlightened understanding of the cultural diversity in the concepts, experience, and expression of love. Included among the chapters: How do people in different cultures conceptualize love? How similar and different are the experiences and expressions of love across cultures? What are the cultural factors affecting the experience and expression of love? Cross-cultural understanding of love as passion, joy, commitment, union, respect, submission, intimacy, dependency, and more. A review of the past and looking into the future of cross-cultural

love research. Critical reading for our global age, *Cross-Cultural Perspectives on the Experience and Expression of Love* promotes a thorough understanding of cross-cultural similarities and differences in love, and in so doing is valuable not only for love scholars, emotion researchers, and social psychologists, but also for practitioners and clinicians working with multicultural couples and families. "The most striking feature of this book is the broad array of perspectives that is covered. Love is portrayed as a universally found emotion with biological underpinnings. The text expands from this core, incorporating a wide range of manifestations of love: passion, admiration of and submission to a partner, gift giving and benevolence, attachment and trust, etc. Information on each topic comes from a variety of sources, cross-culturally and interdisciplinary. The text is integrative with a focus on informational value of ideas and findings. If you take an interest in how love in its broadest sense is experienced and expressed, you will find this to be a very rich text." Ype H. Poortinga, Tilburg University, The Netherlands & Catholic University of Leuven, Leuven, Belgium "In this wide-ranging book, Victor Karandashev expertly guides us through the dazzling complexity of our concept and experience of love. Not only does he show the many different ingredients that make up our conceptions of love in particular cultures, such as idealization of the beloved, commitment, union, intimacy, friendship, and others, he draws our attention to the bewildering array of differences between their applications in different cultural contexts, or to their presence or absence in a culture. In reading the book, we also get as a bonus an idea of how an elusive concept such as love can be scientifically studied by a variety of methodologies - all to our benefit. A masterful accomplishment." Kövecses Zoltán, Eötvös Loránd University, Budapest, Hungary "Long considered a research purview of only a portion of the world's cultures, we know today that love is universal albeit with many cultural differences in meaning, form, and expression. Moreover, love has a rich history of scholarship across multiple disciplines. Within this backdrop, Karandashev has compiled a remarkably comprehensive global review of how people experience and express their emotions in love.

Covering the topic from a truly international and interdisciplinary perspective, this book is an indispensable source of knowledge about cultural and cross-cultural studies conducted in recent decades and is a must read for anyone interested in the universal and culturally diverse aspects of love." David Matsumoto, San Francisco State University, Director of SFSU's Culture and Emotion Research Laboratory
Psychology of Romantic Love - 1980

The Psychology of Romantic Love - Nathaniel Branden 2008-01-31
What love is, why love is born, why it sometimes grows, and why it sometimes dies. Have you ever wondered how romantic love evolves? What the difference is between mature and immature love? What role sex

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