



Why We Love: The Nature and Chemistry of Romantic Love

Helen Fisher

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"If you want flashes and particular experiences of romantic love, read novels. If you want to understand this central quality of human nature to its roots, read *Why We Love*."

—Edward O. Wilson

In *Why We Love*, renowned anthropologist Helen Fisher offers a new map of the phenomenon of love—from its origins in the brain to the thrilling havoc it creates in our bodies and behavior. Working with a team of scientists to scan the brains of people who had just fallen madly in love, Fisher proved what psychologists had until recently only suspected: when you fall in love, specific areas of the brain "light up" with increased blood flow. This sweeping new book uses this data to argue that romantic passion is hardwired into our brains by millions of years of evolution. It is not an emotion; it is a drive as powerful as hunger.

Provocative, enlightening, engaging, and persuasive, *Why We Love* offers radical new answers to age-old questions: what love is, who we love—and how to keep love alive.

Why We Love: The Nature and Chemistry of Romantic Love Details

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Author : Helen Fisher

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Heather says

I love this book. It provided me with all the hidden secretes there is to love. Once finished with this book I no longer feel dumbfounded about mine or other people's actions when it comes to romance, lust, commitment and passion. I recommend that everyone reads this book because love is a complex system and Helen Fisher does an amazing job in making it clear that love is not something to fear even when everything doesn't seem to be working out because love is about an individual's personal growth in life and that is something that is always successful.

Aziz says

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Hannah Nguyen says

I recently read this book and I thought it was average. This book was about the science of love and why we love. It tells you about the different stages of love and how we deal with it on a mental, emotional, physical level within the body and mind. It was somewhat interesting to read and learn about the author's scientific theory of love. This book was based mainly on a couple of functional MRI studies of people in love. I liked all the details of the chemical images of the brains; however, I found the writing of this book kind of repetitive. It was nice to learn that the emotions that you believe are personal and unique are in fact related to specific chemical processes equal to all human beings. I think that this book is meant for a more mature audience and reading it now in 10th grade made it less interesting. Although I didn't really "connect" with the book, it was thought provoking. It was different to think of love in a scientific way that can all be explained. I would recommend this book to others wanting to learn more about the scientific reasoning behind love.

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Ahmed Oraby says

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Saeede Kermani says

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Jana says

For a long time I couldn't understand why anthropologists call us human animals. We are just pretending to be cultivated; there is so much about humankind and civilisation that still functions from the heart of pure basic primate brain and our evolution is nowhere close to the end. My god. This book should be mandatory read. In the last few months I have read enough of anthropology books to finally start connecting different topics into one unified field and what I've learned is that we don't know how we became what we became. But nevertheless things that I've learned, things that we are made of - are fucking with my brain because of the magnificent mechanism we live in, which we call our body.

Further reading on spiritualism, neuroscience, psychology, alternative and secret history of humankind will help me greatly to understand some of the forbidden and censured facts about our DNA/mind and the evolution of our physical, emotional, mindful, intuitive and spiritual body.

What I am coming to realise is that we have forgotten so much about us. We are completely on the wrong tracks, we are completely something else from what the system is trying to teach us and break us with. We are absolutely here on Earth for a purpose, what that is, I still don't know, but we are far from the coincidence and far from the logical cell growth. Anthropology helps me deal with these existential questions since it analyses facts and evidence and evolution. I am starting to realise the bigger picture in which we are supreme and magnificent, on an individual and then on collective level. Our brain in this phase cannot comprehend it instantly because of the central nervous system; it takes time, adaptation and a

complete change of standardised systematic education since what I am trying to teach myself now is to learn to unlearn something daily.

It is a frightening process since it is a field so wide and mainstream unknown and there are a lot of information that I have a very hard time digesting, but the more I learn about my body and the secret world I live in, the more I am aware of my expansion into the places where thoughts start disappearing and where I start connecting myself with the higher consciousness. The whole purpose.

But the process is very subjective, individual and based solely on the object's perception. What I know is that the whole humankind is on the same path, just some learn it sooner, some will within hundred or more years. But we will all learn and know. It is the progress of evolution, if I have to use just this physical/matter word.

All is one, all is one vibration, one big connection and time and space exist only in human parameters. What I didn't understand until I started reading anthropology is how much general population doesn't understand the magnificence of our physical brain, DNA and evolution, let alone things which are beyond our 3rd dimension and where we don't depend on the narrow senses.

Spectacular book, it talks about 3 different brains of love: 1. romantic love 2. lust (passionate love) 3. attachment and how each of these brains are connected with different hormones and how all 3 are intertwined and work separately.

Stunning, stunning material to know why we physically love, why we have sex and why we stay in relationships. I say, physically since H. Fisher can't explain and is nowhere close explaining the all encompassed fusion that body makes due to this LOVE reaction. Since science can only measure palpable and the rest is left to individual comprehension and higher realms.

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Elliot johnson says

What a huge letdown! Totally overrated. This subject truly fascinates me, but the author merely builds on the research of others and pads it with quotes from popular literature, poetry and song lyrics, as though that proves a point. If you take out all those quotes it's probably half as thick. It's like she just googled "Love" and included every quote she could find. Reads like a so-so undergrad paper. The only thing the author herself actually brings to the table is the notion that certain neurotransmitters may play a role the body's chemistry during times of heightened emotion, and that's still based on the research of others and is in no way a new theory. Also unsettling is her complete failure to acknowledge the late Dorothy Tennov who practically invented the investigative study of romantic love. She clearly references Tennov's work yet does not go so far as to name her. But this Helen Fisher is the talking head we get whenever the media wants an expert on the subject. Read Stendhal's "Love" and Tennov's "Love and Limerence" ... Helen Fisher is a snake.

Satyaki Mitra says

In this wonderful book, the author takes a scientific approach to uncover and understand the perplexing and mystifying aspects of romantic love. The author throughout the course of this book uses findings from her experiments to substantiate that love is not just an ordinary feeling or emotion, rather it is a subtle mix between an urge and emotion, i.e. controlled by a curious interplay among some neurotransmitters/stimulants like dopa-mine, nor-epinephrine, serotonin, vassopresin and oxycontin.

The author also makes certain conjectures as to why and how romantic love evolved from prehistory to modern times, and most of her inferences are quite interesting. Towards the end of the book, there is a chapter dedicated to a detailed discussion on the effects of break-up and how those affect men and women differently, their respective responses being quite different altogether.

On the whole, I really enjoyed reading this book, and it provided me with some fascinating insights on romantic love, quite surprisingly I also found the tone of this book to be very engaging and filled with some great romantic quotes/poems, would definitely be recommending this book to everyone who has ever been in

love.

Iván says

Imprescindible para entender la mecánica del enamoramiento humano, y de paso para derrumbar cualquier concepción "misteriosa" sobre el amor romántico. Como era de esperarse, las explicaciones son evolutivas, pero la autora las expone en términos muy accesibles a pesar de los tecnicismos requeridos.

Con su entretenida prosa, Fisher nos dice que el amor romántico existe, que tiene una razón de ser biológica y que nuestro cerebro ha evolucionado para experimentarlo y manejarlo. Estructura su narración sobre la base de un estudio real aplicado con alta tecnología de imágenes, y lo salpica con innumerables citas de autores que nos hacen ver no sólo que el amor es experimentado por igual en todas las sociedades humanas del planeta, sino que lo ha sido por toda nuestra especie desde hace cientos de miles de años.

El optimista corolario es que si el amor ha sido de todas las épocas históricas y prehistóricas, también lo es para todas las edades: al margen de las manifestaciones típicas de cada momento, el amor puede ser experimentado por todas las personas, desde la niñez hasta la ancianidad.

Jane says

i was going through a particularly challenging time in my life when i read this book. it helped put some of my feelings into perspective. i get emotionally attached to people quite easily and though i know it is not purely physiological...i began to more clearly understand my passionate nature. this book was a comfort when i needed it to be, though i am sure it might be boring to some.

Kai Crawford says

A mediocre book. I'm not arrogant enough to believe that I'm more intelligent than the average reader just because I already knew around 80% of everything that was revealed in this book. The only explanation for this is if Helen Fisher did not actually reveal anything of use to me. The author would summarize a bunch of other peoples' studies, and then say "well, here's all this evidence but I like this one the most". I'm not a scientist but it seems pretty disingenuous for her to randomly pick and choose her favourite theories, while randomly discarding other ones. The entire book is filled with Fisher stating "I think" and "I believe" and "I suspect" and other unsure statements like that, without any reasoning or support or explanation. Reading this book felt too much like a layperson telling me various ideas cobbled up from internet, rather than something proven by science.
