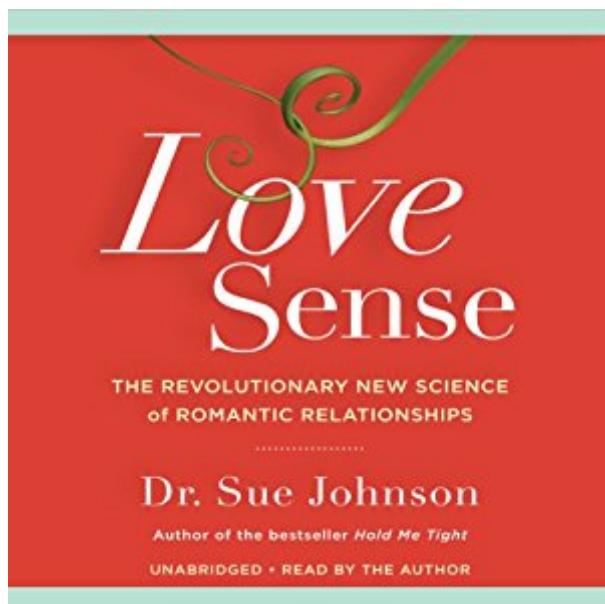


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# Love Sense: The Revolutionary New Science Of Romantic Relationships



## **Synopsis**

The best-selling 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 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.

## **Book Information**

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## **Customer Reviews**

Sue Johnson has a gift for presenting science with such delight and joy that it's like opening an extra special birthday present that the giver is as excited about as the receiver. In Love Sense, Sue opens up the science of love for all of us. She begins by pointing out that our first instinct is to seek contact and comforting connection rather than sex or aggression. This idea opens up a whole new arena for understanding behavior and interactions. The idea that we must stand alone and strive for independence falls away for the idea that what we all really need is closeness and comfort. We worry that if we are "too soft" that we will raise self centered people but, in fact, we are mostly driven to be empathic rather than competitive. Sue reveals the science of her ideas in much the same way that Richard Feynman reveals physics - with joy and engagement. Sue discusses emotion, the

brain, sex, monogamy. She addresses many issues couples struggle with over a lifetime of partnership such as making a commitment, parenthood, coping with the empty nest, retirement. Along this journey, Sue explains the common cycles couples get into and the emotion that is underneath those cycles that drives them. She uses examples from her work with couples to demonstrate what happens in these dynamics and how attachment styles and needs affect each person. She slows down the dynamics and digs deep into the emotion and attachment needs to expose what reassurance or support is needed to circumvent the cycle. In chapter nine Sue tells a love story and describes a betrayal between a couple, the opening up, understanding what was happening between them that created the environment for this fracture to happen and then the repair.

Without being too sappy or too stodgy, *Love Sense: The Revolutionary New Science of Romantic Relationships* (2013), by Sue Johnson, is a fascinating and heartwarming look at the phenomenon of love from a scientific perspective. Citing ample research on primate development, neuroscience, and biochemistry, Johnson makes a compelling case that humans evolved to be monogamous rather than philandering, interdependent rather than isolated, and that emotional connectedness to others is a testament to our strength rather than a sign of weakness. Although the book does an excellent job extolling the importance of romantic relationships, it seems to marginalize those who are not in a strictly monogamous and long-term relationship and, also, errs on the side of being too permissive of clinginess and “you are my everything” • enmeshment. Nevertheless, it’s a worthwhile read because it breaks down love in terms of cutting-edge science. Building on the work of John Bowlby, Sue Johnson offers a compelling foundation from which to understand, and even enhance, love relationships: attachment theory. The basic premise of attachment theory is that human beings thrive on emotional connection to caregivers as babies and to romantic partners as adults. Inconsistencies in attachment bonds cause humans distress, particularly infants. This makes sense from an evolutionary perspective since human infants are among the most helpless in the animal kingdom and are completely dependent on their parents’ care at birth. Instinctively knowing that abandonment spells death, we humans are wired to connect and we thrive when we have at least one significant other to trust. I really enjoyed the parts of the book where Johnson examined the nitty gritty of what constitutes love.

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