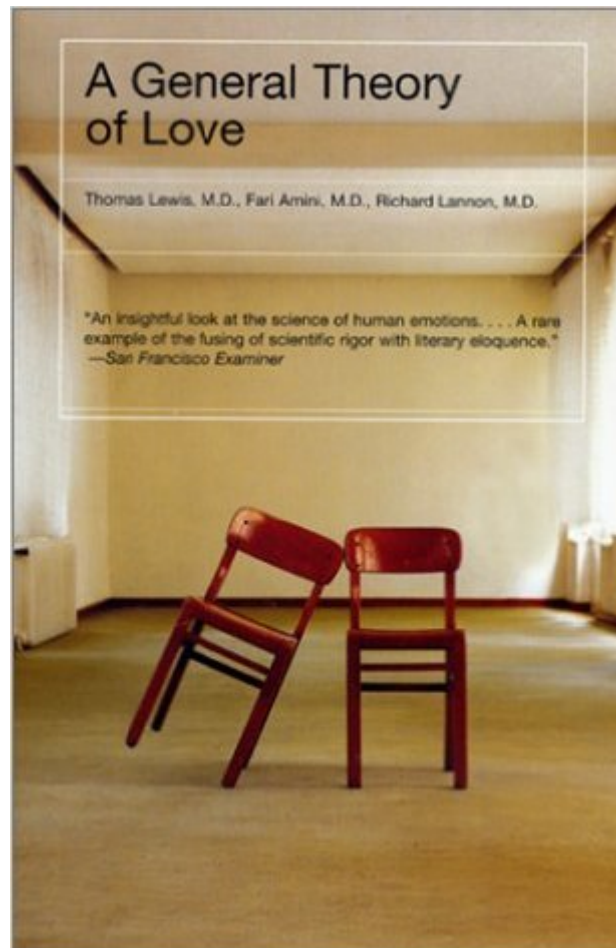


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A General Theory Of Love



Synopsis

Drawing comparisons to the most eloquent science writing of our day, three eminent psychiatrists tackle the difficult task of reconciling what artists and thinkers have known for thousands of years about the human heart with what has only recently been learned about the primitive functions of the human brain. The result is an original, lucid, at times moving account of the complexities of love and its essential role in human well-being. A General Theory of Love draws on the latest scientific research to demonstrate that our nervous systems are not self-contained: from earliest childhood, our brains actually link with those of the people close to us, in a silent rhythm that alters the very structure of our brains, establishes life-long emotional patterns, and makes us, in large part, who we are. Explaining how relationships function, how parents shape their child's developing self, how psychotherapy really works, and how our society dangerously flouts essential emotional laws, this is a work of rare passion and eloquence that will forever change the way you think about human intimacy.

Book Information

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Customer Reviews

Warning: The General Theory of Love contains highly innovative ideas that are elegantly stated. It has been found in some cases that reading this book carefully may cause greater understanding of the world we live in. In order to understand a theory, it helps me if I can state the axioms as Euclid did in the classic Geometry text: "Elements". In order to summarize the tremendous impact this book has had on my concept of human interaction, I have tried to reduce this theory to its core axioms or

principles. Though one cannot do this in as pure a sense as pure mathematics, my approach is more concise than it is inaccurate. I should note that these axioms are based on conversations with the authors after a recent book signing. There are 3 "axioms" for successful love: (1) Connect, (2) Be authentic, (3) The earlier the better. The more these 3 conditions are met, the more we experience love. Now that is a theory we can apply! As a member of the corporate world, I like the fact that the authors offer solutions not just scientific observations and results. "Connect" means listen, look at, etc. "Be authentic" means say what you are really feeling not what is convenient or politically correct. "The earlier the better" suggests that loving is most crucial early in life and early in relationships. I don't want to get too analytical in the space of 1000 words, but let me illustrate a single application of these axioms. Separating the infant from the mother at birth is a common practice in the USA. However, this practice violates the "axioms of love" since the mother cannot connect emotionally by holding and smelling the newborn child if the child is taken away for "medical procedures".

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