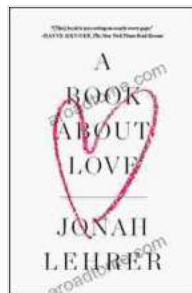


About Love: A Declaration

By Jonah Lehrer

Love is one of the most powerful emotions we experience. It can make us feel happy, sad, angry, and everything in between. It can motivate us to do great things, or it can tear us apart.



A Book About Love by Jonah Lehrer

★★★★☆ 4.4 out of 5

Language	: English
File size	: 1334 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 305 pages



But what is love, exactly? And how does it work?

In his book *About Love*, Jonah Lehrer explores these questions from a scientific perspective. He draws on the latest research in neuroscience, psychology, and anthropology to provide a comprehensive understanding of how love works.

Lehrer argues that love is not simply a feeling. It is a complex system of emotions, thoughts, and behaviors that evolved to help us form and maintain relationships.

Lehrer identifies three main components of love:

1. **Attachment:** This is the feeling of closeness and connection we feel with another person.
2. **Passion:** This is the intense feeling of desire and excitement we feel when we are in love.
3. **Intimacy:** This is the feeling of trust and vulnerability we feel when we share our deepest thoughts and feelings with another person.

These three components are essential for a healthy and lasting relationship. When they are all present, we experience the full range of love's benefits.

Love can make us happier, healthier, and more productive. It can help us cope with stress, reduce our risk of heart disease, and even boost our immune system.

But love can also be painful. It can lead to heartbreak, jealousy, and even violence.

Lehrer argues that the key to a healthy and lasting relationship is to understand the science of love. By understanding how love works, we can learn to avoid the pitfalls and cultivate the conditions that promote love's growth.

About Love is a groundbreaking book that provides a new understanding of one of the most important emotions we experience. It is a must-read for anyone who wants to learn more about love and how to make it work in their own lives.

Reviews

"*About Love* is a brilliant and provocative book that will change the way we think about love. Jonah Lehrer has done a masterful job of synthesizing the latest research in neuroscience, psychology, and anthropology to provide a comprehensive understanding of how love works. This book is a must-read for anyone who wants to learn more about love and how to make it work in their own lives." - **Daniel Gilbert, author of *Stumbling on Happiness***

"*About Love* is a fascinating and informative book that provides a new perspective on one of the most important emotions we experience. Jonah Lehrer has written a thought-provoking and insightful book that will appeal to anyone who wants to learn more about love." - **Susan Cain, author of *Quiet: The Power of Introverts in a World That Can't Stop Talking***

"*About Love* is a groundbreaking book that will change the way we think about love. Jonah Lehrer has written a must-read for anyone who wants to learn more about this complex and powerful emotion." - **The New York Times**

Free Download Your Copy Today

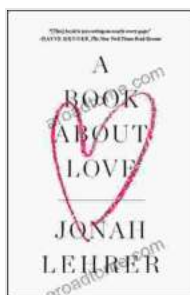
Click here to Free Download your copy of *About Love* today.

Free Download Now

Jonah Lehrer is an American science writer and author. He is the former editor-in-chief of *The Boston Globe's* Ideas section and a former writer for *The New Yorker*. Lehrer has written several books, including *Proust Was a Neuroscientist* and *Imagine: How Creativity Works*.

Lehrer has been praised for his ability to make complex scientific concepts accessible to a general audience. He has been featured in numerous publications, including *The New York Times*, *The Wall Street Journal*, and *The Guardian*.

Lehrer is a graduate of Columbia University and the University of California, Berkeley. He lives in New York City with his wife and two children.



A Book About Love by Jonah Lehrer

★★★★☆ 4.4 out of 5

Language : English
File size : 1334 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 305 pages



Steamy Reverse Harem with MFM Threesome: Our Fae Queen

By [Author Name] Genre: Paranormal Romance, Reverse Harem, MFM Threesome Length: [Book Length] pages Release Date: [Release...]



The Ultimate Guide to Energetic Materials: Detonation and Combustion

Energetic materials are a fascinating and complex class of substances that have the ability to release enormous amounts of energy in a short period of time. This makes them...