

CONTENTS

Acknowledgments xi

Preface: Who Do You Love? xiii

	Introduction: What Is This Thing Called Love?	1
	So What Is Love?	2
	Love Is a Many Splendored Thing—and the Greeks Had a Word for All of the Types	4
	The Basics of Your Brain in Love and Sex	6
	I've Got You Under My Skull: Love in Your Brain	7
	You Make Me Feel So Good: The Pleasure Center	8
	The Very Thought of You	9
	How Scientists Research Love and Sex in Your Brain	10
1	Born to Love: Why People Need People	15
	Do You See What I See? How Mirror Neurons Connect Us	17
	The Dangers of Involuntary Mind Merging	22
	The Chemistry of Love	23
	Love Is Everywhere: Where Love Grows in the Brain	26
	A Brain Unable to Love: Inside the Brain of a Psychopath	27
	Baby Face, You've Got the Cutest Little Baby Face	33
2	Learning to Love	35
	How Your Parents Affect Your Love Life	36
	Love at First Sight: The Earliest Lessons in Love	39
	If You Could Read My Mind: Moms Do	42

	A Mother's Everlasting Love	43
	How Parenting Primes Your Brain for Love	45
	Parenting Rewires the Daddy Brain as Well	46
	How Father Love Feeds Both Brains	47
	Postpartum Depression: Misery for Mom and Baby	50
	Loving the One Who Hurts You: Why Children Cling to Abusers	51
	What If Things Went Wrong with That First Love?	52
	In the End: Do Parents Matter?	54
3	His Brain, Her Brain, Gay Brain, and Other Brains	57
	How Real Are the Differences?	58
	The Five Genders of the Brain	60
	His Brain, Her Brain: The Geography	61
	So What Does This Have to Do with Love?	63
	Our Changeable Brains	66
	Some Myths About Male and Female Brains: True or False?	68
	Toujours Gay: The Gay Brain Is Born That Way	72
	Can Animals Be Gay? Better to Call It Bisexual	74
	I Am What I Am	76
	The Third Gender: When Gender and Sex Do Not Align	79
	Are There Asexuals Among Us? On the Possibility of a Fourth Sexual Orientation	81
4	That Old Black Magic: Your Brain in Love	85
	How Love and Sex Are Good for Your Brain	88
	When Love Occupies Your Brain	90
	Who Do You Love? And Who Loves Ya, Baby?	91
	You've Got That Lovin' Feelin', But What Turns You On?	96
	You Go to My Nose: The Power of Smell over Sex	96
	A Kiss Is (More Than) Just a Kiss	102
	You Light Up My Brain	104
	What's Love Got to Do with It? Plenty It Turns Out—for Women	108
	Need Some Love Potion? Try a Bit of Oxytocin Spray	109

I'll Have What She's Having: What Makes a Better Female Orgasm?	110
Does the Penis Have a Brain of Its Own?	112
When Things Go Wrong: A Fine Romance	115

5 Friendship, Such a Perfect Blendship: Or, with a Little Help from My Friends	121
Is Friendship Declining?	123
Are You Lonesome Tonight? 60 Million Other Americans Are	125
You've Got a Friend—or You Should!	126
Widening the Social Circle	129
Imaginary Friends: TV Characters Can Ease Your Pain	130
Until the Real Thing Comes Along: Your Brain on Facebook	133
Work, the “Other Love” in Your Life	135
Can Animals Love? Yes, and More	136
How to Make Friends	139
6 Only You Can Make My Dreams Come True: Let's Get Married	143
Grow Old Along with Me: The Marriage Benefits	144
You Make Me Feel So Good: Romance Lowers Stress	145
Finding That Special Someone: Looking for Love in All the Wrong Places?	146
Falling and Staying in Love	148
I've Grown Accustomed to Your Face	150
My One and Only Love: Are We Monogamous?	151
Granny's Got to Have It	153
Your Hormones May Drive You Apart: A Tough Pill to Swallow	155
Making Love Last: I Get a Kick out of You	156
Can Pornography Help Your Love Life?	158
Love Will Keep Us Together: Lasting Romance Is Embossed in the Brain	159
Will You Still Need Me When I'm 64?	161

7	You've Lost That Lovin' Feelin': When Love Dies	165
	Breaking Up Is Hard to Do: How Rejection Affects Your Brain	166
	The Jilted Brain	167
	After the Love Is Gone—You Ache and Ache	169
	Can't Live If Living Is Without You: The Widowhood Effect	171
	Achy Breaky Heart: Can You Die of a Broken Heart?	172
	Ain't No Cure for Love—But Acetaminophen Could Help	172
	Every Time You Say Good-Bye, I Die a Little: Why It Hurts to Leave Your Lover	174
	Broken Promises: Can the Brain Predict Betrayal?	176
	Coping with a Breaking Heart	178
8	For the Love of God	181
	Searching for God in Your Brain	182
	Epilepsy, the Temporal Lobe, and God	182
	Strokes of Insight: Brain Changes and Spiritual Awakening	184
	Religious Ecstasy Is Like Romantic Love—in the Brain at Least	186
	God on the Brain: What Brain Scans Show	188
	Could Religion Shrink Your Brain?	190
	The Evolutionary Roots of God Thought	191
	God Neurons May Be Everywhere	192
9	Technology, Science, and the Future of Sex	195
	The Wonderful World of Cybersex	196
	Sex in Bits and Bytes: The Future of Virtual Sex Is Here	199
10	How Can Love Survive?	201
	But What of Love?	204
	<i>Glossary</i>	207
	<i>Sources</i>	215
	<i>Illustration Credits</i>	229
	<i>About the Author</i>	231
	<i>Index</i>	233