

The Scientific American Book of Love, Sex and the Brain: The Neuroscience of How, When, Why and Who We Love

By Judith Horstman, Scientific American

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Who do we love? Who loves us? And why? Is love really a mystery, or can neuroscience offer some answers to these age-old questions?

In her third enthralling book about the brain, Judith Horstman takes us on a lively tour of our most important sex and love organ and the whole smorgasbord of our many kinds of love-from the bonding of parent and child to the passion of erotic love, the affectionate love of companionship, the role of animals in our lives, and the love of God.

Drawing on the latest neuroscience, she explores why and how we are born to love-how we're hardwired to crave the companionship of others, and how very badly things can go without love. Among the findings: parental love makes our brain bigger, sex and orgasm make it healthier, social isolation makes it miserable-and although the craving for romantic love can be described as an addiction, friendship may actually be the most important loving relationship of your life.

Based on recent studies and articles culled from the prestigious *Scientific American* and *Scientific American Mind* magazines, *The* Scientific American *Book of Love, Sex, and the Brain* offers a fascinating look at how the brain controls our loving relationships, most intimate moments, and our deep and basic need for connection.

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Editorial Review

Review
"This basic introduction to the neuroscience of love and sex is a good starting place for readers new to the subject...one hopes it will whet readers' appetites for more nuanced explorations of this area of research." (*Library Journal*, April 2012)

From the Inside Flap
Who do we love? Who loves us? And why? Is love really a mystery, or can neuroscience offer some answers to these age-old questions?

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From the Back Cover
Praise for *The Scientific American Book of Love, Sex and the Brain*

"A superb exploration of that painful, intoxicating, and mysterious mess of emotions that we call love. Judith Horstman's lively prose tells all you ever wanted to know about love, and more."
—**Paul Ekman**, professor emeritus, University of California, San Francisco; author, *Emotions Revealed*

"A wonderful book, filled with unexpected insights and practical tips. Judith Horstman's writing is fun and compelling. I highly recommend it."
—**Daniel G. Amen**, MD, author, *Change Your Brain, Change Your Body* and *The Brain in Love*

"This wonderful and accessible book will definitely make you rethink what you thought you knew about love. It does an outstanding job making a tremendous amount of data about such an important topic easy and fun to understand."
—**Andrew Newberg**, MD, coauthor, *How God Changes Your Brain*

"Isn't the heart the organ for love, while the brain is the organ for reason? This book wonderfully and engagingly summarizes how and why our brain plays the major role in us getting swept away by the magic of love and human connection."

—**Marco Iacoboni**, professor of psychiatry, University of California, Los Angeles; author, *Mirroring People: The Science of Empathy and How We Connect with Others*

Users Review

From reader reviews:

Jorge Wilson:

Reading a guide tends to be new life style in this particular era globalization. With reading through you can get a lot of information which will give you benefit in your life. Having book everyone in this world can easily share their idea. Textbooks can also inspire a lot of people. A great deal of author can inspire their particular reader with their story or perhaps their experience. Not only situation that share in the books. But also they write about the knowledge about something that you need illustration. How to get the good score toefl, or how to teach your kids, there are many kinds of book that exist now. The authors nowadays always try to improve their proficiency in writing, they also doing some research before they write to the book. One of them is this The Scientific American Book of Love, Sex and the Brain: The Neuroscience of How, When, Why and Who We Love.

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