

The Science Of Love And Betrayal

Drawing on 40 years of research and patient care, Dr. Wayne Jonas explains how 80 percent of healing occurs organically and how to activate the healing process. In *How Healing Works*, Dr. Wayne Jonas lays out a revolutionary new way to approach injury, illness, and wellness. Dr. Jonas explains the biology of healing and the science behind the discovery that 80 percent of healing can be attributed to the mind-body connection and other naturally occurring processes. Jonas details how the healing process works and what we can do to facilitate our own innate ability to heal. Dr. Jonas's advice will change how we consume health care, enabling us to be more in control of our recovery and lasting wellness. Simple line illustrations communicate statistics and take-aways in a memorable way. Stories from Dr. Jonas's practice and studies further illustrate his method for helping people get well and stay well after minor and major medical events.

National Bestseller Winner of the National Book Critics Circle Award for Autobiography A New York Times Notable Book Geobiologist Hope Jahren has spent her life studying trees, flowers, seeds, and soil. *Lab Girl* is her revelatory treatise on plant life—but it is also a celebration of the lifelong curiosity, humility, and passion that drive every scientist. In these pages, Hope takes us back to her Minnesota childhood, where she spent hours in unfettered play in her father's college laboratory. She tells us how she found a sanctuary in science, learning to perform lab work "with both the heart and the hands." She introduces us to Bill, her brilliant, eccentric lab manager. And she extends the mantle of scientist to each one of her readers, inviting us to join her in observing and protecting our environment. Warm, luminous, compulsively readable, *Lab Girl* vividly demonstrates the mountains that we can move when love and work come together. Winner of the American Association for the Advancement of Science/Subaru Science Books & Film Prize for Excellence in Science Books Finalist for the PEN/E.O. Wilson Literary Science Writing Award One of the Best Books of the Year: *The Washington Post*, *TIME.com*, *NPR*, *Slate*, *Entertainment Weekly*, *Newsday*, *Minneapolis Star Tribune*, *Kirkus Reviews*

An exploration of human behavior examines the innate aspects of love, sex, and marriage, discussing flirting behavior, courting postures, the brain chemistry of attraction, divorce and adultery in societies around the world, and more. Reprint.

Outlines a program for harnessing brain power to recapture intimacy, drawing on research and the author's experience in an anecdotal series of exercises that provide guidance for rekindling loving, long-term relationships.

Examines the science behind choosing a mate and reveals actionable tips for finding love, in an exploration that draws on research from such fields as demography, sociology, and psychology.

The mission of "Love, Explained" is to fully demystify love and affection using a solid scientific foundation and end up with practical advice on how we can be more successful in all kinds of relationships.

Subconscious and psychologically proven methods to attract others, spark chemistry, and create affection and love. There is a definitive science to attraction, and it turns out we've been doing it wrong the entire time. This book is your textbook and field manual for (1) how to flirt better, (2) have better sex, and (3) plant the seeds of romantic love in whomever you want. Understand the instinctual triggers of attraction. *The Science of Engineering Attraction & Love* is an in-depth look at human attraction and what draws people together. It dives into peer-reviewed research, combined with the insightful and straightforward observations of a renowned dating coach - Patrick King is an internationally bestselling author and acclaimed speaker and coach. Together, this book is the ultimate guide to inform, diagnose, and recommend highly actionable steps to take your dating life to the next level. No tricks, no manipulation; only getting inside the human psyche. Find the shortcuts to powerful chemistry.

Too often, we rely on our own experiences with a sample size of one, or advice from friends that are perpetually single. There's a better way – looking at the research and evidence about what we really want, not what we think we want. You'll learn why we like who we like, and what to do about it. Predict people's responses as a matter of psychology. •How to attract from first sight and first touch. •How evolutionary types of attraction are still highly relevant. •How to win the chase. •Flirting styles, methods, and sequences proven to work. Discover the surprising truths about what keeps people coming back. •Whether you should date someone similar or complementary to yourself. •How to trigger love by not focusing on it. •How to know exactly what you want in a partner. •How to have fulfilling sex - vanilla and kinky.

Declutter Your Love Life and Go From Falling to Not Failing in Love Why is love so elusive? Why can it be there one day and gone the next? Why does everything change for some people as soon as they move in together, get married, or have children? Why do people who seem so right for each other fall out of love without warning? Or is there a warning? Is there a science, an art behind all of this? How do couples that stay madly in love for decades, truly until death does part them, do it? Figuring this out has been my mission ever since I was a young boy, given that my parents had a very unstable relationship with more yelling than your average death metal concert. Nevertheless, I did

Gathers research from the fields of biology, genetics, psychology, and sociology in an examination of the meaning and importance of love

This original and lucid account of the complexities of love and its essential role in human well-being draws on the latest scientific research. 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. A General Theory of Love demonstrates 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.

"A beautifully written and well-researched cultural criticism as well as an honest memoir" (Los Angeles Review of Books) from the author of the popular New York Times essay, "To Fall in Love with Anyone, Do This," explores the romantic myths we create and explains how they limit our ability to achieve and sustain intimacy. What really makes love last? Does love ever work the way we say it does in movies and books and Facebook posts? Or does obsessing over those love stories hurt our real-life relationships? When her parents divorced after a twenty-eight year marriage and her own ten-year relationship ended, those were the questions that Mandy Len Catron wanted to answer. In a series of candid, vulnerable, and wise essays that takes a closer look at what it means to love someone, be loved, and how we present our love to the world, "Catron melds science and emotion beautifully into a thoughtful and thought-provoking meditation" (Bookpage). She delves back to 1944, when her grandparents met in

a coal mining town in Appalachia, to her own dating life as a professor in Vancouver. She uses biologists' research into dopamine triggers to ask whether the need to love is an innate human drive. She uses literary theory to show why we prefer certain kinds of love stories. She urges us to question the unwritten scripts we follow in relationships and looks into where those scripts come from. And she tells the story of how she decided to test an experiment that she'd read about—where the goal was to create intimacy between strangers using a list of thirty-six questions—and ended up in the surreal situation of having millions of people following her brand-new relationship. "Perfect fodder for the romantic and the cynic in all of us" (Booklist), *How to Fall in Love with Anyone* flips the script on love. "Clear-eyed and full of heart, it is mandatory reading for anyone coping with—or curious about—the challenges of contemporary courtship" (The Toronto Star).

The bestselling 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 is not the least bit illogical or random, but actually an ordered and wise recipe for survival. *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.

A pioneering canine behaviorist draws on cutting-edge research to show that a single, simple trait—the capacity to love—is what makes dogs such perfect companions for humans, and explains how we can better reciprocate their affection. "Lively and fascinating . . . The reader comes away cheered, better informed, and with a new and deeper appreciation for our amazing canine companions and their enormous capacity for love." —Cat Warren, New York Times best-selling author of *What the Dog Knows Does your dog love you?*

Every dog lover knows the feeling. The nuzzle of a dog's nose, the warmth of them lying at our feet, even their whining when they want to get up on the bed. It really seems like our dogs love us, too. But for years, scientists have resisted that conclusion, warning against anthropomorphizing our pets. Enter Clive Wynne, a pioneering canine behaviorist whose research is helping to usher in a new era: one in which love, not intelligence or submissiveness, is at the heart of the human-canine relationship. Drawing on cutting-edge studies from his lab and others around the world, Wynne shows that affection is the very essence of dogs, from their faces and tails to their brains, hormones, even DNA. This scientific revolution is revealing more about dogs' unique origins, behavior, needs, and hidden depths than we ever imagined possible. A humane, illuminating book,

Dog Is Love is essential reading for anyone who has ever loved a dog—and experienced the wonder of being loved back.

A guided journal based on Rachel Ignatofsky's New York Times bestselling book *Women in Science: 50 Fearless Pioneers Who Changed the World*. Full of writing, drawing, and creativity prompts, *I Love Science* inspires kids (and adults) of all ages to fill the pages with ideas, self-exploration, and big dreams for the future. Opening with a short reference section that contains basic equations, the periodic table, basic HTML codes, and a measurement converter, the journal then invites the user to write and dream through writing prompts like, "What is a challenge you've overcome recently?" The journal also includes inspirational quotes from notable women who've achieved greatness in the science, technology, mathematics, and engineering (STEM) fields, such as famous primatologist Jane Goodall's, "Only when our clever brain and our human heart work together can we reach our full potential." With illustrations, quotes, and nifty science infographics, this journal will encourage you to ponder the world through tinkering, discovering, doodling, and more

Stereotypically, science and emotion are diametric opposites: one is cold and unfeeling, the other soft and nebulous; one is based on proven facts while the other is based on inexplicable feelings and "never the twain shall meet," until now. John Gottman delves into the unquantifiable realm of love, armed with science and logic, and emerges with the knowledge that relationships can be not only understood, but also predicted as well. Based on research done at his Love Lab and other laboratories, Gottman has discovered that the future of love relationships can be predicted with a startling 91% success rate. These predictions can help couples to prevent disasters in their relationships, recognize the signs of a promising relationship, and perhaps more importantly, recognize the signs of a doomed one. *Principia Amoris* also introduces Love Equations, a mathematical modeling of relationships that helps understand predictions. Love Equations are powerful tools that can prevent relationship distress and heal ailing relationships. Readers learn about the various research and studies that were done to discover the science behind love, and are treated to a history of the people, ideas, and events that shaped our current understanding. They also learn about:

- The "Four Horsemen of the Apocalypse"
- 45 natural principles of love
- 5 couple types
- 5 recipes for good relationships
- And much more!

Just as science helped us to understand the physical world, it is helping us to understand the emotional world as well. Using the insights in this book, mental health professionals can meaningfully help their distressed clients, as well as better understand why a relationship is failing or succeeding. Appropriate for the curious non-mental health professional as well, *Principia Amoris* is a must-have on any bookshelf!

"Over a decade after its publication, one book on dating has people firmly in its grip." —The New York Times We already rely on science to tell us what to eat, when to exercise, and how long to sleep. Why not use science to help us improve

our relationships? In this revolutionary book, psychiatrist and neuroscientist Dr. Amir Levine and Rachel Heller scientifically explain why some people seem to navigate relationships effortlessly, while others struggle. Discover how an understanding of adult attachment—the most advanced relationship science in existence today—can help us find and sustain love. Pioneered by psychologist John Bowlby in the 1950s, the field of attachment posits that each of us behaves in relationships in one of three distinct ways: • Anxious people are often preoccupied with their relationships and tend to worry about their partner's ability to love them back • Avoidant people equate intimacy with a loss of independence and constantly try to minimize closeness. • Secure people feel comfortable with intimacy and are usually warm and loving. Attached guides readers in determining what attachment style they and their mate (or potential mate) follow, offering a road map for building stronger, more fulfilling connections with the people they love.

Internationally respected neuroscientist Dr. Guloglu takes us on a scientific journey through who, how, and why we love, and provides illuminating explanations to all love-related questions in an easy and relatable style. Based on hundreds of exclusive scientific studies, this well-researched book offers the neuroscience insights you need to improve your dating life and romantic relationships. In this comprehensive practical guide you'll find: * How do our brain and hormones change when we fall in and out of love? * What are the features that make someone attractive, and why? * How do toxic partners manipulate the love circuit in our brains? * And so much more! For anyone who has ever struggled with finding love, or anyone who is merely interested in the scientific mechanics behind attraction and affection, this is a must-read piece. This book also gives plenty of tips and advice regarding how to attract the perfect partner, establishing healthy boundaries, and leading a happy life by being happy within your relationships. The Science of Love and Attraction is a wonderful learning tool aimed at anyone who has ever been curious as to how love works. So if you've been unlucky in love, or just want to expand your knowledge, add this incredible book to your collection today and get smart about love!

Includes an excerpt from Love on the brain.

A revolutionary new study of the origins of love based on physiological research probes the human brain for insights into the origins of the sex drive, romance, and attraction, while also offering practical advice on how to control and channel these desires into healthy pursuits. Reprint. 60,000 first printing.

Romantic love presents some of life's most challenging questions. Can we choose who to love? Is romantic love rational? Can we love more than one person at a time? And can we make ourselves fall out of love? In *On Romantic Love*, Berit Brogaard attempts to get to the bottom of love's many contradictions. This short book, informed by both historical and cutting edge philosophy, psychology, and neuroscience, combines a new theory of romantic love with entertaining anecdotes from real life and accessible explanations of the

neuroscience underlying our wildest passions. Against the grain, Brogaard argues that love is an emotion; that it can be, at turns, both rational and irrational; and that it can be manifested in degrees. We can love one person more than another and we can love a person a little or a lot or not at all. And love isn't even always something we consciously feel. However, love -- like other emotions, both conscious and not -- is subject to rational control, and falling in or out of it can be a deliberate choice. This engaging and innovative look at a universal topic, featuring original line drawings by illustrator Gareth Southwell, illuminates the processes behind heartbreak, obsession, jealousy, attachment, and more. Recounts the story of Harry Harlow, a psychologist who speculated, explained, and conducted experiments on whether "love" exists, using rhesus monkeys as subjects.

Positive psychological science has experienced extraordinary growth over the past two decades. Research in this area is revealing new strategies and interventions for improving everyday life, health and well-being, work, education, and societies across the globe. Contributions from luminaries in the field provide excellent reviews of the selected topics, summarizing empirical evidence, describing measurement tools, and offering recommendations for improving many aspects of our lives. Comprehensively updated, this second edition not only incorporates the more recent empirical findings; three new chapters on relationships and love, the importance of purpose, and the stimulation of education practice have been added. Focused on peer-reviewed and theory-driven psychological science, this book uniquely establishes a bridge between the intellectual movement for positive psychology and how it works in the real world. This collection of chapters will inspire the reader to creatively find new opportunities to better the human condition, whether these are in our lives, schools, health care settings, or workplaces. This book will be of interest to all psychologists and social scientists, applied researchers, program designers and evaluators, educators, leaders, students, and anyone interested in applying the science of positive psychology to improve everyday life and/or to promote social betterment and justice locally and globally.

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.

In this meticulously researched and masterfully written book, Pulitzer Prize-winner Deborah Blum examines the history of love through the lens of its strangest unsung hero: a brilliant, fearless, alcoholic psychologist named Harry Frederick Harlow. Pursuing the idea that human affection could be understood, studied, even measured, Harlow (1905-1981) arrived at his conclusions by conducting research—sometimes beautiful, sometimes horrible—on the primates in his University of Wisconsin laboratory. Paradoxically, his darkest experiments may have the brightest legacy, for by studying "neglect" and its life-altering consequences, Harlow confirmed love's central role in shaping not only how we feel but also how we think. His work sparked a psychological revolution. The more children experience affection, he discovered, the more curious they become about the world: Love makes people smarter. The biography of both a man and an idea, *The Measure of Love* is a powerful and at times disturbing narrative that will forever alter our understanding of human relationships. How much control do we have over love? Much less than we like to think. All that mystery, all that poetry, all those complex behaviors surrounding human bonding leading to the most life-changing decisions we'll ever make, are unconsciously driven by a few molecules in our brains. How does love begin? How can two strangers come to the conclusion that it would not only be pleasant to share their lives, but that they must share them? How can a man say he loves his wife, yet still cheat on her? Why do others stay in relationships even after the romance fades? How is it possible to fall in love with the "wrong" person? How do people come to have a "type"? Physical attraction, jealousy, infidelity, mother-infant bonding—all the behaviors that so often leave us befuddled—are now being teased out of the fog of mystery thanks to today's social neuroscience. Larry Young, one of the world's leading experts in the field, and journalist Brian Alexander explain how those findings apply to you. Drawing on real human stories and research from labs around the world, *The Chemistry Between Us* is a bold attempt to create a "grand unified theory" of love. Some of the mind-blowing insights include: Love can get such a grip on us because it is, literally, an addiction. To a woman falling in love, a man is like her baby. Why it's false to say society makes gender, and how it's possible to have the body of one gender and the brain of another. Why some people are more likely to cheat than others. Why we sometimes truly can't resist temptation. Young and Alexander place their revelations into historical, political, and social contexts. In the process, they touch on everything from gay marriage to why single-mother households might not be good for society. *The Chemistry Between Us* offers powerful insights into love, sex, gender, sexual orientation, and family life that will prove to be enlightening, controversial, and thought provoking.

The Science of Compassionate Love is an interdisciplinary volume that presents cutting-edge scholarship on the topics of altruism and compassionate love. The book adopts a social science approach to understanding compassionate love. Emphasizes positive

features of social interaction Encourages the appropriate expression of compassionate love both to those in intimate relationships and to strangers Includes articles by distinguished contributors from the fields of Psychology, Sociology, Communication Studies, Family Studies, Epidemiology, Medicine and Nursing Is ideal for workshops on compassionate love, Positive Psychology, and creating constructive interactions between health professionals and patients

From the country's foremost relationship expert and New York Times bestselling author Dr. John M. Gottman comes a powerful, simple five-step program, based on twenty years of innovative research, for greatly improving all of the relationships in your life—with spouses and lovers, children, siblings, and even your colleagues at work. Gottman provides the tools you need to make your relationships thrive. In *The Relationship Cure*, Dr. Gottman: - Reveals the key elements of healthy relationships, emphasizing the importance of what he calls “emotional connection” - Introduces the powerful new concept of the emotional “bid,” the fundamental unit of emotional connection - Provides remarkably empowering tools for improving the way you bid for emotional connection and how you respond to others' bids - And more! Packed with fascinating questionnaires and exercises developed in his therapy, *The Relationship Cure* offers a simple but profound program that will fundamentally transform the quality of all of the relationships in your life.

How do you get to “happily ever after”? In fairy tales, lasting love just happens. But in real life, healthy habits are what build happiness over the long haul. *Happy Together*, written by positive psychology experts and husband-and-wife team Suzann Pileggi Pawelski and James O. Pawelski, is the first book on using the principles of positive psychology to create thriving romantic relationships. Combining extensive scientific research and real-life examples, this book will help you find and feed the good in yourself and your partner. You will learn to develop key habits for building and sustaining long-term love by:

- Promoting a healthy passion
- Prioritizing positive emotions
- Mindfully savoring experiences together
- Seeking out strengths in each other

Through easy-to-follow methods and fun exercises, you'll learn to strengthen your partnership, whether you're looking to start a relationship off on the right foot, weather difficult times, reignite passion, or transform a good marriage into a great one. We all want to be happier, more successful and less stressed, but what really works? From improving creativity to building confidence, self-care to self-esteem, forming better habits and feeling happier, *Fix Your Life* debunks the fads and explores the real science of self-help. Can you learn to make better decisions? Or break bad habits and form new ones? What should you eat to feel happier? How do you learn a skill faster? Does mindfulness really work? Dispelling mental health myths and self-help fads, here is the truth about meditation, making smarter choices, addiction, CBT, Tai Chi, success, diet, healthy relationships, anxiety, antidepressants, intelligence, willpower and much more. Full of the latest research and ground-breaking evidence, packed with useful advice, this book really could fix your life.

On the way to finding and creating vibrant, successful relationships, too many of us end up tangled in the same old patterns, tripped up by relationship habits that get in our way whether we “know better” or not. In *Rewire Your Brain for Love*, neuropsychologist and psychotherapist Marsha Lucas, PhD, helps you untangle those relationship snarls, bringing together the latest neuroscience with a practice consistently heralded by top

academic institutions for its effectiveness in changing the brain: the practice of mindfulness meditation. Dr. Lucas's clear, unimimidating, often laugh-out-loud style invites you to explore how the brain functions in relationships, helping you understand how your current relationship wiring developed and showing you how you can rewire your relationship brain through mindfulness meditation. A down-to-earth therapist and self-described neuroscience geek, Dr. Lucas has written a chapter-by-chapter guide with compassion, wisdom, and humor. In *Rewire Your Brain for Love*, she takes you on a journey through seven high-voltage relationship benefits—everything from keeping your fear from running the show to cultivating healthy, balanced empathy—and offers specific mindfulness practices to help bring those benefits into your life. With a few minutes of practice a day, you can change the way you interact with everyone around you . . . especially those closest to you. You can transform your brain from an enemy to an ally in all matters of the heart, creating more loving communication, building emotional resilience, and reducing overreactivity—not to mention enjoying better sex. You don't have to become a monk, or a vegetarian, or spend hours contemplating your navel—you just need to update the relationship wiring of your brain. The simple practice of mindfulness can help get you there, with Dr. Lucas showing you how.

A colorful novelty board book designed to introduce scientific concepts to babies and toddlers. Simple text, bold artwork, and fun hands-on elements combine to create an interactive and educational experience for the youngest of scientists! For fans of *Quantum Physics for Babies* and other board books in the *Baby University* series. *Love and Attraction* is a collection of papers presented at the International Conference on Love and Attraction. This book is organized into 12 parts encompassing 78 chapters that cover various aspects of the subjects, including friendship, intimacy, and sexuality. The introductory parts deal with the psychological aspects of physical attractiveness, non-verbal intimacy, attraction, and friendship. The subsequent parts examine the geographical difference in mate selection, marital relations, and romantic love. These chapters also look into the structural features of personality, behavior, and romantic love. These topics are followed by discussions of exchange theory applications to love and attraction; the social psychology of human sexuality; relationship between sexual behavior and society; and sex therapy. The final parts are devoted to other sex related topics, including sex therapy, erotica, arousal, child sexuality, and pedophilia. This book will prove useful to psychologists, sociologists, psychiatrists, counselors, and other academic and clinical workers.

The Science of Love and Betrayal Faber & Faber

Since Darwin's day, we've been told that sexual monogamy comes naturally to our species. Mainstream science—as well as religious and cultural institutions—has maintained that men and women evolved in families in which a man's possessions and protection were exchanged for a woman's fertility and fidelity. But this narrative is collapsing. Fewer and fewer couples are getting married, and divorce rates keep climbing as adultery and flagging libido drag down even seemingly solid marriages. How can reality be reconciled with the accepted narrative? It can't be, according to renegade thinkers Christopher Ryan and Cacilda Jethå. While debunking almost everything we "know" about sex, they offer a bold alternative explanation in this provocative and brilliant book. Ryan and Jethå's central contention is that human beings evolved in egalitarian groups that shared food, child care, and, often, sexual partners. Weaving together convergent, frequently overlooked evidence from anthropology, archaeology, primatology, anatomy, and psychosexuality, the authors show how far from human nature

monogamy really is. Human beings everywhere and in every era have confronted the same familiar, intimate situations in surprisingly different ways. The authors expose the ancient roots of human sexuality while pointing toward a more optimistic future illuminated by our innate capacities for love, cooperation, and generosity. With intelligence, humor, and wonder, Ryan and Jeth  show how our promiscuous past haunts our struggles over monogamy, sexual orientation, and family dynamics. They explore why long-term fidelity can be so difficult for so many; why sexual passion tends to fade even as love deepens; why many middle-aged men risk everything for transient affairs with younger women; why homosexuality persists in the face of standard evolutionary logic; and what the human body reveals about the prehistoric origins of modern sexuality. In the tradition of the best historical and scientific writing, *Sex at Dawn* unapologetically upends unwarranted assumptions and unfounded conclusions while offering a revolutionary understanding of why we live and love as we do.

A “must-read” (The Washington Post) funny and practical guide to help you find, build, and keep the relationship of your dreams. Have you ever looked around and wondered, “Why has everyone found love except me?” You’re not the only one. Great relationships don’t just appear in our lives—they’re the culmination of a series of decisions, including whom to date, how to end it with the wrong person, and when to commit to the right one. But our brains often get in the way. We make poor decisions, which thwart us on our quest to find lasting love. Drawing from years of research, behavioral scientist turned dating coach Logan Ury reveals the hidden forces that cause those mistakes. But awareness on its own doesn’t lead to results. You have to actually change your behavior. Ury shows you how. This “simple-to-use guide” (Lori Gottlieb, New York Times bestselling author of *Maybe You Should Talk to Someone*) focuses on a different decision in each chapter, incorporating insights from behavioral science, original research, and real-life stories. You’ll learn: -What’s holding you back in dating (and how to break the pattern) -What really matters in a long-term partner (and what really doesn’t) -How to overcome the perils of online dating (and make the apps work for you) -How to meet more people in real life (while doing activities you love) -How to make dates fun again (so they stop feeling like job interviews) -Why “the spark” is a myth (but you’ll find love anyway) This “data-driven” (Time), step-by-step guide to relationships, complete with hands-on exercises, is designed to transform your life. *How to Not Die Alone* will help you find, build, and keep the relationship of your dreams.

Long before he became one of the world's most celebrated immunologists, Jan Vilcek began life in Slovakia as the child of Jewish parents at a time when Jews were being exterminated all across Europe. He owes his and his mother’s survival to the courage of brave people and good luck. As a young man growing up in Czechoslovakia in the aftermath of the Second World War, Vilcek went to medical school and chose a career in virology and immunology at a time when these fields were still in their infancy. While still in his twenties he published a paper in the prestigious journal *Nature*, and he hosted the first international conference on interferon. Fleeing Communist Czechoslovakia with his wife Marica, Vilcek continued his research at NYU School of Medicine, going on to establish a highly successful career in biomedical research, and creating one of the most important and trailblazing medicines of our age. After his arrival in the US in 1965 as a penniless refugee, he soon went on to spearhead some of the key advances in the research of interferon that enabled its therapeutic application, and through his research into tumor necrosis factor (TNF) made advances that led to the discovery of new genes and proteins and signaling pathways, opening up previously uncharted areas of medical innovation that have led to important new treatments for a wide range of autoimmune and inflammatory diseases. Along the way Vilcek acquired material wealth he had never aspired to, catapulting him into the world of philanthropy. *Love and Science* shows how advances in science sometimes result from the greatest disappointments, and how achievement in medical research is usually a team effort, where ideas are shared, where friendship and love

