

Love And Limerence The Experience Of Being In Love

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The Science of Stress Management Amitava Dasgupta 2018-04-12 Stress is an inevitable part of everyday life. Sometimes we manage it well. Other times, not so much. But understanding the role of stress in our overall health and wellness is essential to taking it head-on. It's not just that stress can take over our thoughts; it can take over our bodies. From the flight or fight response to inflammation, from feeling anxious to feeling sick, it can deteriorate our bodies and our minds from the inside out. While many books promise tips on managing stress, this book takes it one step further to consider the science behind stress and how it affects our minds and bodies, offering evidence-based approaches to managing stress for optimum results. Amitava Dasgupta guides readers to a greater understanding of the mechanisms at work when stress is present and provides guidance for dealing with those physical and mental responses. While grounded in the science of stress, this work also helps readers employ those strategies that will best manage stress for better overall health.

Obsessive Love Susan Forward 2002 A guide to overcoming obsessive love presents case histories of men and woman caught in the grip of obsessive passion and describes a step-by-step program that shows readers how to have healthy, lasting, pain-free relationships. Reprint.

The Moral Psychology of Love Arina Pismenny 2022 This book will explore the moral dimensions of love from the standpoint of political philosophy, psychology, and neuroscience.

Love and Limerence Dorothy Tennov 1998-12-29 Excellent. Of universal interest. It deals with the subject in an entirely new way.-Simone de Beauvoir Originally released twenty years ago, Love and Limerence has become a classic in the

psychology of emotion. As relevant today as it was then, this book offers insight into love, infatuation, madness, and all flavors of emotion in between.

Positive Psychology of Love M. Hojjat 2013-06-27 Positive Psychology of Love brings together the latest research and theory in the field of close relationships from positive psychology, suggesting ways individuals can have more fulfilling close and intimate relationships, and how these relationships may enhance our lives.

Is it Love Or is it Addiction? Brenda Schaeffer 1997 This groundbreaking book, with more than 150,000 copies sold, is back by popular demand. Updated with new data and examples, *Is It Love or Is It Addiction?* helps the reader distinguish between healthy love and destructive relationships. Brenda Schaeffer provides a seven-step plan for breaking free from dysfunctional, co-dependent patterns.

Facing Love Addiction - reissue Pia Mellody 2011-11-22 A brilliant new guide to understanding the origins of codependence and the path to recovery by a nationally recognized authority on dependency and addiction. In this fresh new look at codependence, Pia Mellody traces the origins of this illness back to childhood, describing a whole range of emotional, spiritual, intellectual, physical, and sexual abuses. Because of these earlier experiences, codependent adults often lack the skills necessary to lead mature lives and have satisfying relationships. Recovery from codependence comes from clearing up the toxic feelings left over from childhood and learning to reparent oneself by intervening on the adult symptoms of codependence. Central to Mellody's concept is the idea of the "precious child" that needs healing within each adult. She creates a framework for identifying codependent behavior and describes an effective approach to recovery that includes both therapy and self-help processes. Designed to be used with her new workbook for codependents, *Breaking Free*, this is a powerful tool for understanding the nature of codependence.

Cold-Blooded Kindness Barbara Oakley, PhD 2011-04-01 In this searing exploration of deadly codependency, the author takes the reader on a spellbinding voyage of discovery that examines the questions: Are some people naturally too caring? Is caring sometimes a mask for darker motives? Can science help us understand how our concerns for others can hurt everything we hold dear? This gripping story brings extraordinary insight to our deepest questions. Is kindness always the right answer? Is kindness always what it seems?

Triangle Of Love Robert J. Sternberg 1988-11-08 A noted psychologist researches the make-up of love, citing three main ingredients--intimacy, passion, and commitment--that determine the success of a relationship and offers guidelines for enhancing personal relationships

Keeping the Love You Find Harville Hendrix 1993-02 A guide to finding and keeping love shows readers how to meet the challenges of a new relationship, avoid making the same mistakes, deal with emotional issues, and improve their

odds

The Shame Factor Stephan B. Poulter 2019 A popular clinical psychologist explores an often misunderstood and unrecognized emotion that's the root cause of many self-defeating and harmful behaviors. Emotional paralysis, a distorted view of self, a feeling of being a fraud, lack of trust in others, fear of criticism resulting in underdeveloped talents, and a chronic sense of being worthless, invisible, or disposable--these are typical symptoms of shame. In this book, psychologist Stephan B. Poulter delves into this "primary emotional wound." Distinguishing it from commonplace guilt over a particular moral failing, he describes this toxic emotion as a pervasive but largely unrecognized "emotional cancer," with the power of undermining many aspects of life. Dr. Poulter guides the reader through exercises that teach one to expose this "big secret" and to recognize the triggers in daily life that arouse fears and other negative emotions. Beyond these first steps, he shows how we can continue the healing process of self-acceptance, self-forgiveness, empathy, and a new sense of inner well-being. Based on thirty years of experience with patients of all ages and from many walks of life, this is a book full of insight and understanding, one that can help most of us discover and realize our full potentials.

Anatomy of a Boyfriend Daria Snadowsky 2008-09 In her last semester at a private school in Fort Myers, Florida, seventeen-year-old Dom finds her life transformed by her first boyfriend, Wes, a track star at the public school her best friend attends.

The Cabinet of Linguistic Curiosities Paul Anthony Jones 2019-10-14 Open The Cabinet of Linguistic Curiosities and you'll find both a word and a day to remember, every day of the year. Each day has its own dedicated entry, on which a curious or notable event--and an equally curious or notable word--are explored. On the day on which flirting was banned in New York City, for instance, you'll discover why to "sheep's-eye" someone once meant to look at them amorously. On the day on which a disillusioned San Franciscan declared himself Emperor of the United States, you'll find the word "mamamouchi," a term for people who consider themselves more important than they truly are. And on the day on which George Frideric Handel completed his 259-page Messiah after twenty-four days of frenzied work, you'll see why a French loanword, literally meaning "a small wooden barrow," is used to refer to an intense period of work undertaken to meet a deadline. The English language is vast enough to supply us with a word for every occasion--and this linguistic "wunderkammer" is here to prove precisely that. So whatever date this book has found its way into your hands, there's an entire year's worth of linguistic curiosities waiting to be found.

How to Grow Up Michelle Tea 2015-01-27 "A gutsy, wise memoir-in-essays from a writer praised as 'impossible to put down'"--People From PEN America Literary Award-winning author Michelle Tea comes a moving personal essay collection about the trials and triumphs of shedding your vices in order to find yourself. As an aspiring young writer in San Francisco, Michelle Tea lived in a scuzzy

communal house: she drank; she smoked; she snorted anything she got her hands on; she toiled for the minimum wage; she dated men and women, and sometimes both at once. But between hangovers and dead-end jobs, she scrawled in notebooks and organized dive bar poetry readings, working to make her literary dreams a reality. In *How to Grow Up*, Tea shares her awkward stumble towards the life of a Bona Fide Grown-Up: healthy, responsible, self-aware, and stable. She writes about passion, about her fraught relationship with money, about adoring Barney's while shopping at thrift stores, about breakups and the fertile ground between relationships, about roommates and rent, and about being superstitious ("why not, it imbues this harsh world of ours with a bit of magic"). At once heartwarming and darkly comic, *How to Grow Up* proves that the road less traveled may be a difficult one, but if you embrace life's uncertainty and dust yourself off after every screw up, slowly but surely, you just might make it to adulthood. "Wild, wickedly funny, and refreshingly relevant." –Elle "This compulsively readable collection is so damn good, you'll tear through the whole thing (and possibly take notes along the way)." –Bustle

Adult Attachment Judith A. Feeney 1996-06-24 This book draws together the diverse strands of attachment theory into a coherent contemporary account. It examines the links between attachment and other central life tasks such as work, and the issues of conceptualisation and measurement.

The Biology of Love Arthur Janov 2000 In this revolutionary work, famed psychotherapist Arthur Janov, author of *The Primal Scream*, presents the first unified theory of psychology and brain chemistry. Relying on years of experience with patients and a great deal of evidence from psychology and neurology, Janov explains how love significantly affects not only psychological well-being but physical health and personality traits as well. In fact, its long-lasting biological effects critically influence brain structure and brain chemistry in the developing fetus and the growing child. Focusing on prenatal experience, Janov says, Womb life is the precursor for all the rest of our lives: health-conscious mothers—those who take care of themselves during pregnancy; who eat nutritious foods; avoid ingesting toxic substances like drugs, alcohol, and tobacco smoke; and carry the fetus to term in an emotionally positive, low-stress environment—bestow on their newborns innumerable advantages. Janov's central thesis is that prenatal experience and birth trauma are imprinted on our nervous systems, and if this crucial period of life is beset by trouble and stress, whether mental or physical, the deep-seated effects can result in psychological problems or psychosomatic diseases later in life. By the same token, lack of love after birth, when the infant needs the touch of loving caresses, can be as injurious to the healthy development of intelligence and personality as lack of food. Janov cites scientific evidence to demonstrate how the formation of our nervous system, especially the complex neural connections of the brain, can be influenced by the presence or absence of a loving, nurturing environment, both before and after birth. But beyond analyzing mental and physical ailments, *The Biology of Love* is also a book about cure. Through Janov's unique therapeutic techniques, he enables patients to relive those critical periods of love deprivation that

are at the root of their problems. Using testimonials of patients who have experienced remarkable change, he shows how he helped them to reverse history by releasing the underlying psychological tensions that had crippled their lives for decades. This provocative, original work, synthesizing the latest neurological research and psychological theory with Dr. Janov's long experience of successfully treating patients, is understandable to the educated lay person and will be of great interest to professionals in medicine and psychology alike. Dr. Arthur Janov, of the Primal Center in Venice, CA, is the originator of Primal Therapy and the author of twelve books, including his international bestseller, *The Primal Scream*, and *Why You Get Sick, How You Get Well*.

A Book About Love Jonah Lehrer 2016-07-12 "Jonah Lehrer has a lot to offer the world...The book is interesting on nearly every page...Good writers make writing look easy, but what people like Lehrer do is not easy at all." –David Brooks, *The New York Times* Book Review Science writer Jonah Lehrer explores the mysterious subject of love. Weaving together scientific studies from clinical psychologists, longitudinal studies of health and happiness, historical accounts and literary depictions, child-rearing manuals, and the language of online dating sites, Jonah Lehrer's *A Book About Love* plumbs the most mysterious, most formative, most important impulse governing our lives. Love confuses and compels us—and it can destroy and define us. It has inspired our greatest poetry, defined our societies and our beliefs, and governs our biology. From the way infants attach to their parents, to the way we fall in love with another person, to the way some find a love for God or their pets, to the way we remember and mourn love after it ends, this book focuses on research that attempts, even in glancing ways, to deal with the long-term and the everyday. The most dangerous myth of love is that it's easy, that we fall into the feeling and then the feeling takes care of itself. While we can easily measure the dopamine that causes the initial feelings of "falling" in love, the partnerships and devotions that last decades or longer remain a mystery. This book is about that mystery. Love, Lehrer argues, is not built solely on overwhelming passion, but, fascinatingly, on a set of skills to be cultivated over a lifetime.

Why Love Hurts Eva Illouz 2013-05-20 Few of us have been spared the agonies of intimate relationships. They come in many shapes: loving a man or a woman who will not commit to us, being heartbroken when we're abandoned by a lover, engaging in Sisyphean internet searches, coming back lonely from bars, parties, or blind dates, feeling bored in a relationship that is so much less than we had envisaged - these are only some of the ways in which the search for love is a difficult and often painful experience. Despite the widespread and almost collective character of these experiences, our culture insists they are the result of faulty or insufficiently mature psyches. For many, the Freudian idea that the family designs the pattern of an individual's erotic career has been the main explanation for why and how we fail to find or sustain love. Psychoanalysis and popular psychology have succeeded spectacularly in convincing us that individuals bear responsibility for the misery of their romantic and erotic lives. The purpose of this book is to change our way of

thinking about what is wrong in modern relationships. The problem is not dysfunctional childhoods or insufficiently self-aware psyches, but rather the institutional forces shaping how we love. The argument of this book is that the modern romantic experience is shaped by a fundamental transformation in the ecology and architecture of romantic choice. The samples from which men and women choose a partner, the modes of evaluating prospective partners, the very importance of choice and autonomy and what people imagine to be the spectrum of their choices: all these aspects of choice have transformed the very core of the will, how we want a partner, the sense of worth bestowed by relationships, and the organization of desire. This book does to love what Marx did to commodities: it shows that it is shaped by social relations and institutions and that it circulates in a marketplace of unequal actors.

How to Break Your Addiction to a Person Howard Marvin Halpern 2004 A renowned psychotherapist explains how to evaluate a relationship and offers practical advice on how to get out of a relationship that is no longer satisfying, offering advice on understanding the difference between good and bad relationships, surviving the pain of breaking up, addictive behavior, and more. Reprint.

How to Fix a Broken Heart Guy Winch 2018-02-13 Imagine if we treated broken hearts with the same respect and concern we have for broken arms? Psychologist Guy Winch urges us to rethink the way we deal with emotional pain, offering warm, wise, and witty advice for the broken-hearted. Real heartbreak is unmistakable. We think of nothing else. We feel nothing else. We care about nothing else. Yet while we wouldn't expect someone to return to daily activities immediately after suffering a broken limb, heartbroken people are expected to function normally in their lives, despite the emotional pain they feel. Now psychologist Guy Winch imagines how different things would be if we paid more attention to this unique emotion—if only we can understand how heartbreak works, we can begin to fix it. Through compelling research and new scientific studies, Winch reveals how and why heartbreak impacts our brain and our behavior in dramatic and unexpected ways, regardless of our age. Emotional pain lowers our ability to reason, to think creatively, to problem solve, and to function at our best. In *How to Fix a Broken Heart* he focuses on two types of emotional pain—romantic heartbreak and the heartbreak that results from the loss of a cherished pet. These experiences are both accompanied by severe grief responses, yet they are not deemed as important as, for example, a formal divorce or the loss of a close relative. As a result, we are often deprived of the recognition, support, and compassion afforded to those whose heartbreak is considered more significant. Our heart might be broken, but we do not have to break with it. Winch reveals that recovering from heartbreak always starts with a decision, a determination to move on when our mind is fighting to keep us stuck. We can take control of our lives and our minds and put ourselves on the path to healing. Winch offers a toolkit on how to handle and cope with a broken heart and how to, eventually, move on.

Love and Limerence Dorothy Tennov 1979

Silently Seduced Kenneth M. Adams 2011-09-01 When a parent singles out a child for special privileges and attention, that child is often unaware that the relationship is unhealthy—even incestuous. As adults, these children struggle to feel validated, because while they have not been directly abused, they feel a sense of violation and crossed boundaries—usually done in the name of 'love' and 'caring.' The parent's love feels more confining than freeing, more demanding than giving, more intrusive than nurturing. Yet these children suffer from what psychologist Kenneth Adams calls The Silent Seduction—because there is nothing loving or caring about a close parent-child relationship that services the needs of the parent rather than the child. In this revised and updated 20th anniversary edition of his groundbreaking book *Silently Seduced*, Dr. Adams explains how 'feeling close,' especially with the opposite-sex parent, is not the source of comfort the image suggests, especially when that child is cheated out of a childhood by being a parent's surrogate partner. He offers a framework to understand this covert incest and its effect on sexuality, intimacy, and relationships, and how victims can begin the process of recovery.

The Moral Psychology of Boredom Andreas Elpidorou 2021-12-15 Whether we like it or not, boredom is a major part of human life. It permeates and affects our personal, social, practical, and moral existence. In this volume, world-renowned researchers come together to explore a neglected but crucially important aspect of boredom: its relationship to morality.

Love and Other Words Christina Lauren 2018-04-10 After a decade apart, childhood sweethearts reconnect by chance in New York Times bestselling author Christina Lauren's touching, romantic novel *Love and Other Words*...how many words will it take for them to figure out where it all went wrong? The story of the heart can never be unwritten. Macy Sorensen is settling into an ambitious if emotionally tepid routine: work hard as a new pediatrics resident, plan her wedding to an older, financially secure man, keep her head down and heart tucked away. But when she runs into Elliot Petropoulos—the first and only love of her life—the careful bubble she's constructed begins to dissolve. Once upon a time, Elliot was Macy's entire world—growing from her gangly bookish friend into the man who coaxed her heart open again after the loss of her mother...only to break it on the very night he declared his love for her. Told in alternating timelines between Then and Now, teenage Elliot and Macy grow from friends to much more—spending weekends and lazy summers together in a house outside of San Francisco devouring books, sharing favorite words, and talking through their growing pains and triumphs. As adults, they have become strangers to one another until their chance reunion. Although their memories are obscured by the agony of what happened that night so many years ago, Elliot will come to understand the truth behind Macy's decade-long silence, and will have to overcome the past and himself to revive her faith in the possibility of an all-consuming love.

Limerence: The state of being infatuated with another person. Finch Moore
2018-11-09 ""Eighth grade isn't easy for anyone and we all look for ways to

express ourselves. Some people dye their hair, other people start wearing makeup for the first time, and I wrote poems about a crush I had on a boy that I couldn't talk to anyone about but him; and when I couldn't talk to him I wrote poetry instead. " When I stumbled onto seven sonnets I wrote in eighth grade I was filled with many emotions. Happiness that I had found them, lingering hurt from a preteen crush, and confidence in my skills as a writer. There was a time in my life when these sonnets were one of the things I was proud of the most. I owe it to my past self to publish them like I always said that I would. Alongside the sonnets I have included three poems which continue the theme of heartbreak and one poem which covers what it means to exist at all.

Love and Limerence Lynn Willmott 2012-12-10 Limerence is an irrational, obsessive and incapacitating, adoration and attachment to one person. It is a nightmare version of being in love x 100. It is painful, confusing and until now there has been little knowledge or help available. This book explains the experience and its possible origins and methods of escape. In the shift towards self-love, forgiveness and compassionate acceptance, limerence can become a gift - giving insight, empowerment and enlightenment. USA Edition - 2014

The Course of Love Alain de Botton 2016-06-14 "An engrossing tale [that] provides plenty of food for thought" (People, Best New Books pick), this playful, wise, and profoundly moving second novel from the internationally bestselling author of *How Proust Can Change Your Life* tracks the beautifully complicated arc of a romantic partnership. We all know the headiness and excitement of the early days of love. But what comes after? In Edinburgh, a couple, Rabih and Kirsten, fall in love. They get married, they have children—but no long-term relationship is as simple as "happily ever after." *The Course of Love* explores what happens after the birth of love, what it takes to maintain, and what happens to our original ideals under the pressures of an average existence. We see, along with Rabih and Kirsten, the first flush of infatuation, the effortlessness of falling into romantic love, and the course of life thereafter. Interwoven with their story and its challenges is an overlay of philosophy—an annotation and a guide to what we are reading. As *The New York Times* says, "The Course of Love is a return to the form that made Mr. de Botton's name in the mid-1990s...love is the subject best suited to his obsessive aphorizing, and in this novel he again shows off his ability to pin our hopes, methods, and insecurities to the page." This is a Romantic novel in the true sense, one interested in exploring how love can survive and thrive in the long term. The result is a sensory experience—fictional, philosophical, psychological—that urges us to identify deeply with these characters and to reflect on his and her own experiences in love. Fresh, visceral, and utterly compelling, *The Course of Love* is a provocative and life-affirming novel for everyone who believes in love. "There's no writer alive like de Botton, and his latest ambitious undertaking is as enlightening and humanizing as his previous works" (Chicago Tribune).

[The Limerent Mind](#) Lucy Bain 2020-07-05 When I started this project, I knew I

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was committing to producing something that would render you completely immune to limerence. As a neuroscientist who used to suffer horrifically from the condition but is now completely free, I want nothing more than for all of you to achieve the same. If you heed the advice in this book and commit to your own expansion, I can guarantee that you will never fall for an LO again. Limerence is possibly the most tenacious, painful behavioural pattern that exists. Many people remain trapped in its grips for decades, which is devastating when only a few weeks/months of implementing the correct thinking patterns can transform your subconscious mind and free you. Intense unrequited love is a multi-faceted, incredibly complex phenomenon, so we must comprehend every possible facet of limerence and reconcile all of the different ways that we break it down. Neurobiology, psychology or spirituality all describe the same phenomenon in different terms - but what is at the ROOT of this disorder? You will learn: - The role that genetics plays in priming you for limerence- The brain regions that activate during limerence, and what this reveals about how to cure it- Dopamine, reward pathways, and the reason why anticipation of future times with this person are so euphoric- Why other people transition into real relationships, yet you attract unrequited love- How to discover the precise psychological needs that YOU have but are neglecting (and how to honour them)- Thoughts, beliefs, and how these actively dictate what every aspect of our lives is like- How to ascertain which particular beliefs of yours are a). limiting and b). aligning you with limerence- All about limerent objects (LOs): common traits that they have- Your trigger archetype: why do you fall for the people you fall for?- The Law of Assumption: where spirituality meets science- How to change your beliefs and meet your needs, which in turns heals your brain, balances your neurotransmitters and promises you permanent emotional freedom- The benefits of being limerence prone: how your obsessive and motivated disposition will make you incredibly successful (far more so than your calmer, more stable friends) once you detach from person addiction and start to live for yourself. Once we've appreciated all the different aspects of a single limerent episode, you will learn how to methodically rewire your brain. Many obese people think that they can't quit sugar, but the proactive ones do and then remain skinny for life. Similarly, you are wholly capable of becoming a version of yourself who isn't just 'limerence-free', but who could never even fall for a limerent object in the first place. Your current reality is just the reflection of your beliefs and thoughts; change these, and the external world will rearrange in front of your eyes and you will effortlessly attract real, beautiful love. Limerence becomes your norm, but it isn't normal; recovery is essential and non-negotiable. Give yourself your best chance in this life and leave limerence behind now, rather than having to go through this transition in 10 years time. Bliss, clarity and pure, magical abundance awaits you! Plus, someone who's limerence-prone but has *beaten* limerence possesses major advantages in this world, both socially and professionally. □ The same genetics that let you 'fixate' on an LO render you driven, smart, articulate, intense and passionate. It just takes educating yourself, unsticking your brain and redirecting your inner flame towards wonderful things

Guilt, Shame, and Anxiety Peter Roger Breggin 2014 With the first unified

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theory of guilt, shame, and anxiety, this pioneering psychiatrist and critic of psychiatric diagnoses and drugs examines the causes and effects of psychological and emotional suffering from the perspective of biological evolution, child development, and mature adult decision-making. Drawing on evolution, neuroscience, and decades of clinical experience, Dr. Breggin analyzes what he calls our negative legacy emotions—the painful emotional heritage that encumbers all human beings. The author marshals evidence that we evolved as the most violent and yet most empathic creatures on Earth. Evolution dealt with this species-threatening conflict between our violence and our close-knit social life by building guilt, shame, and anxiety into our genes. These inhibiting emotions were needed prehistorically to control our self-assertiveness and aggression within intimate family and clan relationships. Dr. Breggin shows how guilt, shame, and anxiety eventually became self-defeating and demoralizing legacies from our primitive past, which no longer play any useful or positive role in mature adult life. He then guides the reader through the Three Steps to Emotional Freedom, starting with how to identify negative legacy emotions and then how to reject their control over us. Finally, he describes how to triumph over and transcend guilt, shame, and anxiety on the way to greater emotional freedom and a more rational, loving, and productive life.

The Basics of Caring Research Satu Uusiautti 2016-07-08 "What is caring research and how to conduct it? This book defines the new concept of caring research as a combination of two perspectives. Caring research means research that aims to promote well-being. It is focused on a good quality of life, human strengths and active life, as well as characteristics and positive development in human beings that act as buffers against malaise and help coping with adversities in life. In addition, caring research cares for the researcher well-being. Caring research is conducted by people who share the passion and enthusiasm to influence positively and collaborate. Caring research includes the joy of working and researching together. Thus, caring research is manifested in the relationships between researchers, supervisors, students, and other experts, and their mutual open and respectful interaction. The Basics of Caring Research analyzes these two elements of caring research through several viewpoints that are to illustrate the manifold nature of caring research as positively-focused and positively-conducted research. The book also includes critical analysis of the current requirements and future challenges of caring research. The book serves as a text book in, for example, research studies in psychology and educational and behavioral sciences. Researchers and supervisors find it a useful tool to support their supervision of various academic theses.

The Pisces Melissa Broder 2018-05-01 LONGLISTED FOR THE CENTER FOR FICTION FIRST NOVEL PRIZE LONGLISTED FOR THE WOMEN'S PRIZE FOR FICTION "Bold, virtuosic, addictive, erotic – there is nothing like *The Pisces*. I have no idea how Broder does it, but I loved every dark and sublime page of it." –Stephanie Danler, author of *Sweetbitter* Lucy has been writing her dissertation on Sappho for nine years when she and her boyfriend break up in a dramatic flameout. After she bottoms out in Phoenix, her sister in Los Angeles insists Lucy dog-

sit for the summer. Annika's home is a gorgeous glass cube on Venice Beach, but Lucy can find little relief from her anxiety – not in the Greek chorus of women in her love addiction therapy group, not in her frequent Tinder excursions, not even in Dominic the foxhound's easy affection. Everything changes when Lucy becomes entranced by an eerily attractive swimmer while sitting alone on the beach rocks one night. But when Lucy learns the truth about his identity, their relationship, and Lucy's understanding of what love should look like, take a very unexpected turn. A masterful blend of vivid realism and giddy fantasy, pairing hilarious frankness with pulse-racing eroticism, *THE PISCES* is a story about falling in obsessive love with a merman: a figure of Sirenic fantasy whose very existence pushes Lucy to question everything she thought she knew about love, lust, and meaning in the one life we have.

Idol Limerence Wallea Eaglehawk 2020-03-28 When an idol and fan stand face to face and the idol's mask comes off, is it simply the fan staring into a mirror, admiring their own reflection? *Idol Limerence* explores the mass phenomena of the Korean idol, in particular, BTS and how it intersects with the psychological experience of limerence, as originated by Dorothy Tennov. Further phenomena will be introduced with an exploration of persona as a link to a fantasy realm accessed by both idol and fan. Culminating in the exploration of the revolutionary capacity of BTS and their fan base, ARMY, who were created in their image. Echo's narrative spans from her first love as a child to falling in love with BTS as an adult, an experience she feels is largely out of her control. *Idol Limerence* is a love story wrapped in social theory that spans this universe and the next. *Insperence* is the space where the revolution can begin to take hold; *insperence* is where we can all become revolutionaries. In many ways, we already are. *Idol Limerence: The Art of Loving BTS as Phenomena* by Wallea Eaglehawk is a scholarly and literary work on the phenomenon that is BTS, the most popular and influential music group of our generation. *Idol Limerence* is a cognitive and emotional state of loving adoration and attachment to an Idol or celebrity. Echo, a young millennial woman, finds herself falling deeply in love with a group of blouse-wearing Korean men who sing, dance and dish out uncommon potent eye contact like it's a period drama. This book joins Echo on her journey from first love as a child to falling in love with K-pop group BTS as an adult. Echo learns just how and why she can't control her feelings towards BTS, not that she really wants to; and this is not an isolated experience, she is not alone but part of BTS' fan base, ARMY. The theory of *Idol Limerence* is developed from the psychological idea of limerence and linked to sociological concepts of identity, persona, parasocial relationships, love and celebrity. The theory development is interwoven with the love narrative of Echo which shows how *Idol Limerence* can be a 'safe-love' alternative for millennials overwhelmed by loving and dating in a world on the brink of collapse. If the question is 'Why can't I stop thinking about what my life with BTS would look like?' *Idol Limerence* is the answer and becoming a revolutionary to save the world is the result.

A General Theory of Love Thomas Lewis 2007-12-18 This original and lucid account of the complexities of love and its essential role in human well-being

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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.

Psychotherapy Dorothy Tennov 1975

Loves Me... Not Samara O'Shea 2014 Presents a guide to overcoming rejection and thriving in the face of unrequited love, offering advice on cultivating self-worth and loving oneself without requiring the validation of others.

Unrequited Lisa A. Phillips 2015-01-27 Blending memoir, literary exposition, and revealing case studies, *Unrequited* is a powerful, surprising, and empathetic cultural and psychological exploration of one-sided romantic obsession. The summer Lisa A. Phillips turned thirty, she fell in love with someone who didn't return her feelings. She soon became obsessed. She followed him around, called him compulsively, and talked about him endlessly. One desperate morning, after she snuck into his apartment building, he picked up a baseball bat to protect himself and began to dial 911. Her unrequited love had changed her from a sane, conscientious college teacher and radio reporter into someone she barely recognized—someone who was taking her yearning much too far. In *Unrequited*, Phillips explores the tremendous force of obsessive love in women's lives. She argues that it needs to be understood, respected, and channeled for personal growth—yet it also has the potential to go terribly awry. Interweaving her own story with frank interviews and in-depth research in science, psychology, cultural history, and literature, Phillips describes how romantic obsession takes root, grows, and strongly influences our thoughts and behaviors. Going beyond images of creepy, fatally attracted psychos, male fantasies of unbridled female desire, and the platitudes of self-help books, Phillips reveals a powerful, troubling, and surprisingly common phenomenon. As she illuminates this mysterious psychological experience, placing it in a rich and nuanced context, she offers compelling insights to help any woman who has experienced unrequited obsessive love and been mystified and troubled by its grip.

I Love You, But I'm Not In Love With You Andrew G Marshall 2015-10-20 If your relationship with your significant other is defined more by companionship than passion... if you love each other deeply but are not deeply in love... if you feel that something's missing or is no longer there... then you could be experiencing ILYB (I Love You, But...). In 'I Love You, but I'm Not in Love with

You' couple's counsellor Andrew G. Marshall draws on twenty years of experience to help couples who have 'fallen out of love' or want to rekindle the love that once was to learn how to use Marshall's program with impressive results.

Love Ronald De Sousa 2015 Explores the philosophical notion of love, and argues that love is more complex than conventional thought would have us believe.

Why We Love Helen Fisher 2005-01-02 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.

Cupid's Arrow Robert J. Sternberg 1998 In this absorbing book, renowned psychologist Robert J. Sternberg presents a psychological approach to human relationships that reveals how and why people fall in and out of love. Fascinating reading for anyone who wants to learn more about love, Cupid's Arrow draws on fields ranging from history to cognitive science to folklore, offering a comprehensive account of love in its many forms. Grounded in Sternberg's own 'triangular theory', the book explores the many varieties of love as diffe