



The Psychology of Romantic Love: Romantic Love in an Anti-Romantic Age

By Nathaniel Branden

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What love is, why love is born, why it sometimes grows, and why it sometimes dies.

Have you ever wondered how romantic love evolves? What the difference is between mature and immature love? What role sex plays in romantic love, and whether love necessarily implies sexual exclusivity? And, most important, how can we make love last? Originally published in 1980, this updated edition of *The Psychology of Romantic Love* explores the nature of romantic love on many levels—the philosophical, the historical, the sociological, and the physiological. Nathaniel Branden explains why so many people say that romantic love is just not possible in today's world and—drawing on his experience with thousands of couples—finds that such love is still a possibility for anyone who understands its essence and is willing to accept its challenges.

Branden sees it as a pathway not only to extraordinary joy but also to profound self-discovery. His vision of love is thoroughly appropriate to our time and grounded in our humanness.

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Editorial Review

From the Publisher

Distinguished psychologist Dr. Nathaniel Branden offers us a new understanding of the meaning of romantic love--what love is and what it depends on for fulfillment. His vision of love is at once passionate and thoroughly appropriate to our times and grounded in our nature as human beings. He reveals romantic love to be a pathway not only to extraordinary joy but also to profound self-discovery. Among the many challenging questions he explores are:

How does romantic love evolve?

What is the distinctive nature of romantic love?

What is the difference between mature and immature love?

What is the role of sex in romantic love?

Does romantic love necessarily imply sexual exclusivity?

How can we help romantic love to last?

How do we deal with jealousy?

For all those who long to love and yet wonder whether their dreams are attainable, *The Psychology Of Romantic Love* shows the way to translate dreams into reality.

About the Author

Nathaniel Branden, Ph.D. is a lecturer, a practicing psychotherapist, and the author of twenty books on the psychology of self-esteem, romantic love, and the life and thought of Objectivist philosopher Ayn Rand. His work has been translated into eighteen languages and has sold more than 4 million copies, and includes such titles as *Taking Responsibility*, *The Six Pillars of Self-Esteem*, and *My Years with Ayn Rand*. Branden's name has become synonymous with the psychology of self-esteem, a field he pioneered more than thirty years ago.

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