



# Psychology of Love 101 (Psych 101)

*Karin Sternberg PhD*

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"Reflecting the breath of love's myriad effects and possible causes, as well as the relatively recent volume of systematic scientific inquiry into these, the love literature is sprawling and unruly. Sternberg, however, has done an excellent job of selecting representative approaches and findings and presenting them to students in an organized, scholarly, and engaging way."

**Ellen Berscheid, PhD**

Regents' Professor of Psychology Emeritus  
University of Minnesota

While many people view love as a nebulous concept that is difficult to study scientifically, there exists a substantial psychological discipline that studies intimate relations. This incisive text provides a comprehensive tour of both classic and contemporary theories and research on the how and why of human love. In addition to presenting the major biological, social, and cultural theories that have been developed on this topic, the book looks at what research has shown us about such essential issues as basic attraction, the life course of relationships, how personality and environment affect love, and how therapeutic interventions can sometimes improve relationships. Both scholarly and practical, the book is unique in also helping readers to understand their own relationships.

Concise and accessible, the text illustrates how a love relationship can be measured and explores the questions posed by psychologists in their quest for understanding: Is love simply a function of human biology? What part do our individual personalities play in attracting and maintaining love relationships? Can people stay in love? How does being in a close relationship affect our mental and physical health? The book not only covers the most relevant research that the discipline of psychology has developed on intimate relationships, but also aims to help readers put this research into a practical context to help them understand their own love relationships. The book concludes with a review of various therapeutic approaches to improving love relationships. Case studies and questionnaires illustrate key points.

### Key Features:

- Offers a brief, accessible, and up-to-date survey of theory and research on the psychology of love
- Discusses how love relationships can be measured
- Includes short quizzes that readers can take and self-score to help them understand their own ways of engaging with love
- Provides concrete and practical suggestions, based on scholarly research, on how readers can improve their own relationships.
- Written for undergraduate students

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