



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

*Nathaniel Branden*

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**The Psychology of Romantic Love: Romantic Love in an Anti-Romantic Age** Nathaniel Branden  
**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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