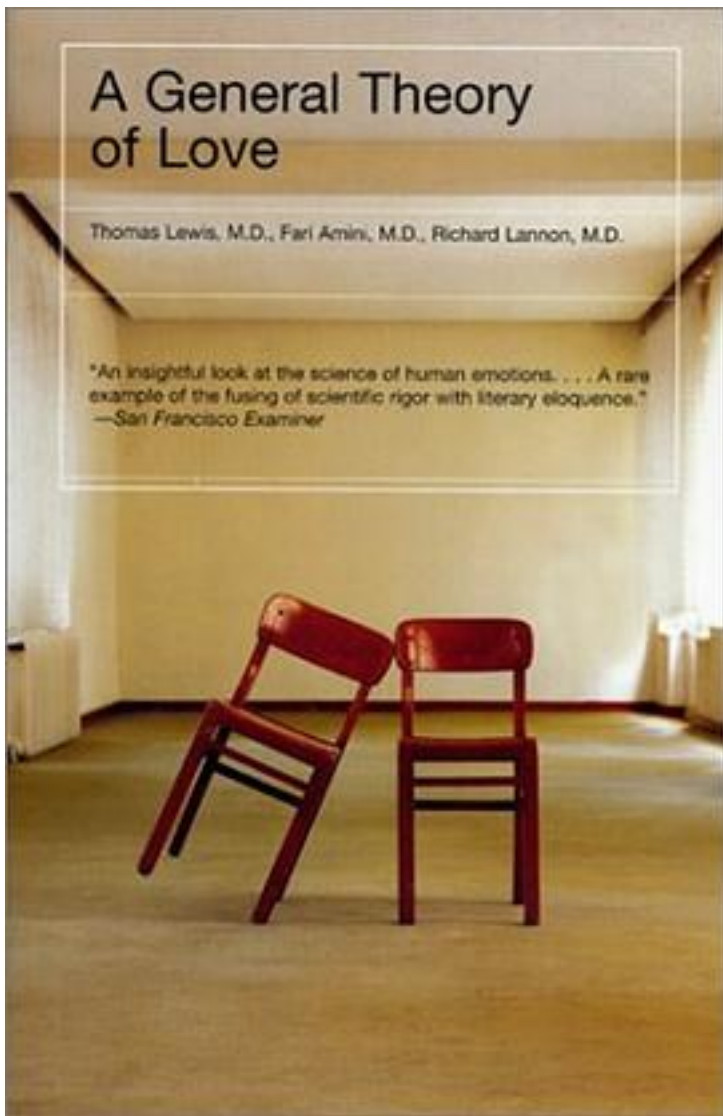


A General Theory of Love



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著者:Thomas Lewis

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Drawing comparisons to the most eloquent science writing of our day, 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. The result is an original, lucid, at times moving account of the complexities of love and its essential role in human well-being.

A General Theory of Love draws on the latest scientific research to demonstrate 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.

作者介绍:

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标签

心理学

Psychology

爱

认知神经科学

哲学

Non-fiction

社会学

ThomasLewis

评论

Once you have flown, you will walk the Earth, with your eyes turned skyward; for there you have been, there you long to return.

脑神经研究论述。

Enlightening

wow this book is such an eye-opener. would recommend to anyone:)

Psychological is physiological. Neural Science still has a long way to go.

The cultural myth that being in love and loving are the same thing leads inevitably to disappointment.

非常非常非常好的一本书。心理学硕士读了两年，这是到目前为止所有课本中最好看的一本了，没有之一。它从神经学的角度解释了爱的产生机制。很有意思。说来好笑，这本书，在学期刚刚开始的时候遭到大家的强烈反感，因为作者旁征博引，用特别多的比喻和暗喻，一页有70%单词不认识，完全看不懂啊！不过，看到后来，深深入迷了……

so incisive

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书评

接触过进化论和博弈论的人在本能上会形成一种残酷和冷血的世界观,这两个理论合起来可以推翻上帝.但是,这本书,以绝对的科学和数据来告诉我们,为什么在如此残酷的物竞天择之下,在人类这场争夺利益的生存游戏里,"爱"这个东西依旧是真真实实地存在,并且它可以重要到主宰个体的一生....

古往今来,许多文学家、科学家、哲学家、心理学家、人类学家及社会学家们,都想说清楚“爱”。都想给爱以恰当的或准确的解释和定义。
故事莫名的让人感动,游子探亲期满离开故乡,母亲送他去车站,在车站,儿子旅行包的拎带突然被挤断。眼看就要到发车时间,母亲急忙从身上解...

关于疑惑
首先,普通心理学的起源是哲学,是亚里士多德的《论灵魂》为心理学奠定了理论基础。在普通心理学中,他们的逻辑关系是这样的:心理现象—心理过程—情感过程—情绪情感—爱。这本《爱的基本理论》主要是讲爱,而作者则把完全把生理学作为研究的基础。所以,这样差异的...

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