



# Anatomy of Love: A Natural History of Mating, Marriage, and Why We Stray

By Helen Fisher

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## Anatomy of Love: A Natural History of Mating, Marriage, and Why We Stray By Helen Fisher

First published in 1992, Helen Fisher's *Anatomy of Love* quickly became a classic. Since then, Fisher has conducted pioneering brain research on lust, romantic love, and attachment; gathered data on more than 80,000 people to explain why you love who you love; and collected information on more than 30,000 men and women on sexting, hooking up, friends with benefits, and other current trends in courtship and marriage. This is a cutting-edge tour de force that traces human family life from its origins in Africa over 20 million years ago to the Internet dating sites and bedrooms of today. It's got it all: the copulatory gaze and other natural courting ploys; the who, when, where, and why of adultery; love addictions; Fisher's discovery of four broad chemically based personality styles and what each seeks in romance; the newest data on worldwide (biologically based) patterns of divorce; how and why men and women think differently; the real story of women, men, and power; the rise-and fall-of the sexual double standard; and what brain science tells us about how to make and keep a happy partnership.

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#### About the Author

Helen Fisher, PhD, a biological anthropologist, is the author of several books, including *Why Him? Why Her?* and *Why We Love*. She is also a senior research fellow at the Kinsey Institute, a member of the Center for Human Evolutionary Studies at Rutgers University, and the chief scientific adviser to match.com.

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