



# The Science of Romance: Secrets of the Sexual Brain

*Nigel Barber*

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## **The Science of Romance: Secrets of the Sexual Brain** Nigel Barber

Have you ever wondered why divorce is so much more common now than a century ago? Why the sex appeal of certain body types and clothing styles changes so dramatically over time? Why so many liberated young women today prefer emotional commitment from men while their male counterparts seem always more interested in "sowing their wild oats"?

According to evolutionary psychologist Nigel Barber, each of these aspects of modern life reflects two million years of hominid evolution. In *The Science of Romance* he explains that much of our present behavior can be traced back to the ancient evolved motives of our hunter-gatherer ancestors. In short, we exhibit the behaviors that have evolved over millennia to increase the reproductive success of the species. Also drawing on the mating behavior of various animals, Barber finds illuminating comparisons that help to explain human actions and reactions.

Barber delves into a host of interesting topics: dating competition and aggression; female courtship signals that subtly manipulate male behavior; how exposure to different sex hormones shapes the evolving brain in utero, which may account for the different behaviors of men and women; and much more.

This absorbing book educates and entertains, while showing that many seemingly irrational aspects of our intimate romantic behavior make sense when understood in terms of our prehistoric ancestors and evolution.

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