



# The Biology of Love

By Arthur Janov

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## The Biology of Love By Arthur Janov

In this revolutionary work, famed psychotherapist Arthur Janov, author of *The Primal Scream*, presents the first unified theory of psychology and brain chemistry. Relying on years of experience with patients and a great deal of evidence from psychology and neurology, Janov explains how love significantly affects not only psychological well-being but physical health and personality traits as well. In fact, its long-lasting biological effects critically influence brain structure and brain chemistry in the developing fetus and the growing child.

Janov's central thesis is that prenatal experience and birth trauma are imprinted on our nervous systems, and if this crucial period of life is beset by trouble and stress, whether mental or physical, the deep-seated effects can result in psychological problems or psychosomatic diseases later in life. By the same token, lack of love after birth, when the infant needs the touch of loving caresses, can be as injurious to the healthy development of intelligence and personality as lack of food. Janov cites scientific evidence to demonstrate how the formation of our nervous system, especially the complex neural connections of the brain, can be influenced by the presence or absence of a loving, nurturing environment, both before and after birth.

But beyond analyzing mental and physical ailments, this book is also about cure. Through Janov's unique therapeutic techniques, he enables patients to relieve those critical periods of love deprivation that are at the root of their problems.

This provocative, original work, synthesizing the latest neurological research and psychological theory with Dr. Janov's long experience of successfully treating patients, is understandable to the educated lay person and will be of great interest to professionals in medicine and psychology alike.

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## **The Biology of Love** By Arthur Janov Bibliography

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## Editorial Review

From Publishers Weekly

"Love makes the brain," writes psychotherapist Janov (*The Primal Scream; Why You Get Sick, How You Get Well*) in this analysis of brain chemistry and emotion. Neurological research, he argues, confirms his theory that trauma from infancy, birth or the prenatal environment irrevocably damages brain functioning and leads to a plethora of physical and emotional ailments. Fully loved infants, however, develop healthy brains that enable them to cope well with life. Everything from autism and allergies to dyslexia, ADD, cancer and heart disease in later life, and even homosexuality and intellectualism (conditions Janov apparently considers aberrant) can be traced, in his view, simply to lack of adequate love. Though Janov believes such damage can never be undone, he advocates a type of therapy through which patients relive the trauma and thus free their repressed pain. Despite the merit of its important and obvious thesis that infants need love, Janov's argument is so simplistic, poorly organized and carelessly written that it cannot be accepted without reservation. He dismisses such factors as DNA, intellect and postnatal experiences, and presents only sketchy details regarding research studies or case histories. The few patient biographies he includes read more like product testimonials than complex analyses. While it's evident that Janov intends a helpful book, he scarcely mentions what can be done to ensure that every infant is wanted. Instead, he lays a heavy load of guilt on any woman who experiences even a touch of ambivalence about her pregnancy. That infants need love is a solid point that is not well served by wagging one's finger at mother.

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From [Booklist](#)

Janov, of *Primal Scream* (1970) fame, considers the effects of love, broadly conceived, on individual growth and development. Those effects aren't only emotional, and they can result in such physical phenomena as the growth or lack of growth of many elements of the brain and nervous system. Janov shows how those elements develop and what happens when they are stunted. He describes anatomy and physiology and then, using case histories to illustrate his points, goes into clinical aspects of his subject. Although some of those cases are presented as conducive to primal scream therapy, there is enough in the book to make it useful to nonspecialist therapists and to patients. Many libraries will want to acquire Thomas Lewis and colleagues' *General Theory of Love* as well as Janov. The two books have much in common, yet are sufficiently different in approach to both merit shelf space. *William Beatty*

Review

"Janov writes for the lay person, and the challenging material is made easier by his style. His sentences are short and clearly written and his tone is earnest, as if he hopes to convince everyone what he already knows to be a revolution in its early stages. . . . The reader who finishes the book will have no trouble understanding that 'lack of physical closeness just after birth reduces the number of serotonin receptors.'" -- *ForeWord, March, 2000*

## Users Review

**From reader reviews:**

**Alicia Gentry:**

The experience that you get from *The Biology of Love* is the more deep you digging the information that hide inside words the more you get considering reading it. It does not mean that this book is hard to

recognise but The Biology of Love giving you excitement feeling of reading. The article author conveys their point in a number of way that can be understood through anyone who read that because the author of this guide is well-known enough. This kind of book also makes your current vocabulary increase well. So it is easy to understand then can go along with you, both in printed or e-book style are available. We highly recommend you for having this specific The Biology of Love instantly.

#### **Ann Potter:**

Playing with family in the park, coming to see the ocean world or hanging out with good friends is thing that usually you may have done when you have spare time, subsequently why you don't try point that really opposite from that. A single activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love The Biology of Love, it is possible to enjoy both. It is fine combination right, you still need to miss it? What kind of hang-out type is it? Oh come on its mind hangout folks. What? Still don't obtain it, oh come on its identified as reading friends.

#### **Blanche Ball:**

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