



Breaking Hearts: The Two Sides of Unrequited Love (Emotions and Social Behavior)

Roy F. Baumeister, Sara R. Wotman

Download now

[Click here](#) if your download doesn't start automatically

Breaking Hearts: The Two Sides of Unrequited Love (Emotions and Social Behavior)

Roy F. Baumeister, Sara R. Wotman

Breaking Hearts: The Two Sides of Unrequited Love (Emotions and Social Behavior) Roy F.

Baumeister, Sara R. Wotman

Throughout history, unrequited love has inspired ballads, arias, poetry, drama, and literature. Almost always, however, the tale of the "star-crossed lovers" has been told from the point of view of the heartbroken pursuer. This illuminating new work explores unrequited love from both sides--that of the aspiring and eventually brokenhearted lover, and more unusually, that of the beloved, unwilling rejector. Based on systematically collected first-person accounts, **BREAKING HEARTS** shows how radically different and often contradictory the two experiences actually are.

Blending scientific research with vivid narrative, the book utilizes current psychological theories about relationships, interdependence, attachment, and communication to provide careful analysis of the sometimes amusing and often heartrending stories people tell about their love lives. The central focus is the subjective experience: What it feels like to love someone who does not love you in return, and what it is like to be pursued by someone whose attentions you wish to discourage. Demolishing pat theories about human fulfillment coming from loving or being loved, this valuable counterweight to traditional studies explores the other, darker side of love to show that it is the mutuality of affection that is crucial to happiness.

A particularly valuable feature of **BREAKING HEARTS** is its unprecedented treatment of the rejector's experience. Known only from the unreliable perspective of the would-be lover, the elusive "heartbreaker" has remained an enigma. Here, perhaps for the first time, rejectors tell what it is like to be loved in vain. They describe their inner turmoil, pervasive uncertainty about how to act, and distressed reluctance to inflict harm. They grapple with the paradox of believing themselves to be morally innocent yet feeling profoundly guilty, and describe powerful feelings of exasperation and helplessness when the admirer refuses to take no for an answer. Contrary to stereotypes, the rejectors describe their experiences more negatively than the heartbroken lovers. For the would-be lover, the encounter was a high-stakes gamble, with possible outcomes ranging from tortured pain and humiliation to ecstatic bliss and fulfillment. To the rejector, it was a no-win proposition that offered only vexation and trouble.

Throughout, chapters deal with the separate roller-coaster ordeals of two people--the ups and downs of self-esteem, struggles over guilt and justification, and the systematically discrepant versions of what actually occurred. Lessons people learn from being either willing or unwilling participants in unrequited love are discussed, as are the ways in which they change following such episodes.

BREAKING HEARTS presents careful research in an engaging style that will be accessible to all. Social scientists interested in marriage, family issues, emotion, self esteem, guilt, and human coping will find the book illuminating. It will obviously be of interest to anyone who has experienced unrequited love, and is fascinating reading for those seeking new insights into the tragicomic mystery of romance.

 [Download Breaking Hearts: The Two Sides of Unrequited Love ...pdf](#)

 [Read Online Breaking Hearts: The Two Sides of Unrequited Lov ...pdf](#)

Download and Read Free Online Breaking Hearts: The Two Sides of Unrequited Love (Emotions and Social Behavior) Roy F. Baumeister, Sara R. Wotman

From reader reviews:

Rebecca West:

Why don't make it to become your habit? Right now, try to ready your time to do the important act, like looking for your favorite e-book and reading a e-book. Beside you can solve your long lasting problem; you can add your knowledge by the guide entitled Breaking Hearts: The Two Sides of Unrequited Love (Emotions and Social Behavior). Try to the actual book Breaking Hearts: The Two Sides of Unrequited Love (Emotions and Social Behavior) as your close friend. It means that it can being your friend when you truly feel alone and beside that of course make you smarter than in the past. Yeah, it is very fortunated to suit your needs. The book makes you more confidence because you can know everything by the book. So , we need to make new experience and also knowledge with this book.

Tammara Dejesus:

Spent a free time to be fun activity to try and do! A lot of people spent their leisure time with their family, or their own friends. Usually they doing activity like watching television, planning to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Do you wish to something different to fill your own personal free time/ holiday? Can be reading a book can be option to fill your totally free time/ holiday. The first thing that you ask may be what kinds of e-book that you should read. If you want to try look for book, may be the reserve untitled Breaking Hearts: The Two Sides of Unrequited Love (Emotions and Social Behavior) can be good book to read. May be it may be best activity to you.

Agustin Byler:

The actual book Breaking Hearts: The Two Sides of Unrequited Love (Emotions and Social Behavior) has a lot of knowledge on it. So when you check out this book you can get a lot of help. The book was compiled by the very famous author. The writer makes some research just before write this book. This particular book very easy to read you may get the point easily after perusing this book.

Salina Rodriguez:

Your reading sixth sense will not betray an individual, why because this Breaking Hearts: The Two Sides of Unrequited Love (Emotions and Social Behavior) guide written by well-known writer who knows well how to make book which might be understand by anyone who have read the book. Written with good manner for you, leaking every ideas and writing skill only for eliminate your hunger then you still doubt Breaking Hearts: The Two Sides of Unrequited Love (Emotions and Social Behavior) as good book not only by the cover but also through the content. This is one e-book that can break don't evaluate book by its cover, so do you still needing an additional sixth sense to pick this kind of!? Oh come on your reading through sixth sense already alerted you so why you have to listening to yet another sixth sense.

**Download and Read Online Breaking Hearts: The Two Sides of
Unrequited Love (Emotions and Social Behavior) Roy F.
Baumeister, Sara R. Wotman #K5MB01ZJRUS**

Read Breaking Hearts: The Two Sides of Unrequited Love (Emotions and Social Behavior) by Roy F. Baumeister, Sara R. Wotman for online ebook

Breaking Hearts: The Two Sides of Unrequited Love (Emotions and Social Behavior) by Roy F. Baumeister, Sara R. Wotman Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Breaking Hearts: The Two Sides of Unrequited Love (Emotions and Social Behavior) by Roy F. Baumeister, Sara R. Wotman books to read online.

Online Breaking Hearts: The Two Sides of Unrequited Love (Emotions and Social Behavior) by Roy F. Baumeister, Sara R. Wotman ebook PDF download

Breaking Hearts: The Two Sides of Unrequited Love (Emotions and Social Behavior) by Roy F. Baumeister, Sara R. Wotman Doc

Breaking Hearts: The Two Sides of Unrequited Love (Emotions and Social Behavior) by Roy F. Baumeister, Sara R. Wotman Mobipocket

Breaking Hearts: The Two Sides of Unrequited Love (Emotions and Social Behavior) by Roy F. Baumeister, Sara R. Wotman EPub