The scientist's verdict: there's no such thing as everlasting love

Think you've found your soulmate? A new book says we should ditch the sentimentality.

Barbara McMahon meets the author

W e tend to think of love as a bolt of electricity that eitherOnce or twice in our lives, love is like a bombshell, like a face full of pomegranate seeds. It's dangerous and beautiful and you should never get too close to it. But what if we could think of love as something more like a flower? Something that grows and blooms and then wilts?

In her new book, "Love 2.0: How Our Supreme Emotion Affects Everything We Do, Think, Feel, and Become," psychologist Fredrickson believes that love is not a fleeting emotion, but a process that can last a lifetime. She argues that love is not just a feeling, but a way of being, a foundation for all our interactions with others.

"Love is a micro-moment of positivity that bestows new meaning and outlooks on life," Fredrickson says. "It changes your brain, improving your health and growth and wellbeing."

"When you limit your view of love to relationships or commitment, love becomes a conception, just one of the many possible ideas you might entertain," Fredrickson says. "But love is not a thing that exists in the world outside of our minds. Love is something we create for ourselves, something we choose to believe in and cherish."

Love isn't just about finding the right person, Fredrickson says. It's about choosing to see love in all its forms, no matter how fleeting or intense. It's about finding joy in even the most difficult moments, because ultimately, love is what makes life worth living.

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