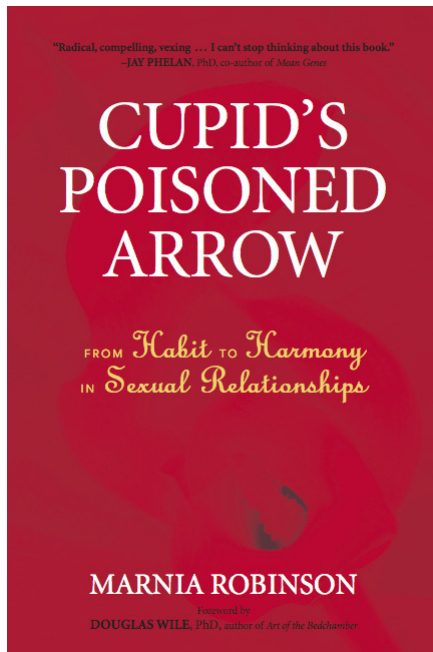




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How Does Biology Dissolve Sexual Love—And What Can We Do?

Cupid's Poisoned Arrow

From Habit to Harmony in Sexual Relationships

By Marnia Robinson

“Radical, compelling, vexing.... I can't stop thinking about this book.”
—UCLA biology professor Jay Phelan, PhD, co-author of *Mean Genes*

In recent years, we've heard a lot about how the brain in love triggers neurochemical reactions for infatuation, lust and attachment. Too often, however, those phases don't last and are followed by boredom, irritability, heartache, the urge to self-medicate with drugs or alcohol—and attraction to new potential mates. Marnia Robinson's latest book, *Cupid's Poisoned Arrow: From Habit to Harmony in Sexual Relationships*, zeroes in on this untold part of the story: how and why biology dissolves our romances, and what we can do about it.

Cupid turns conventional sex advice on its head. Yet its innovative ideas for sustaining intimate relationships are carefully grounded in:

- Recent neuroscience discoveries,
- Forgotten wisdom from cultures worldwide, and
- The personal experience of couples and singles who share their stories in the book.

The part of the brain where we fall *in* love is also where we fall *out* of love. Indeed, this ancient brain mechanism, which all mammals share, has far more say in our love lives than the rational part of the brain. This primitive circuitry plays an unsuspected role in compulsive behaviors, too, such as porn addiction (a topic *Cupid* addresses with refreshing practicality, and not a shred of moralizing).

This key part of the brain doesn't operate on logic. Good intentions, and even vows, mean nothing to it. It operates on cues, that is, behaviors that deliver subconscious signals, bypassing the rational brain. *Cupid* uncovers the “poisoned arrow,” that is, the prime signal that gradually erodes mutual desire and puts the primitive brain on guard. As it turns out, discerning lovers throughout history have shielded their romances from this threat by learning to make love differently. *Cupid* also reveals which signals increase the desire to remain close, making it easier for mates to enjoy lasting harmony.

With greater knowledge of these two sets of behavioral cues, lovers are no longer at the mercy of Cupid (their genetic programming). Not only can they aim for the romance they want, they will also understand how their sex life affects other aspects of their day-to-day lives.

Cupid's Poisoned Arrow is a skillful blend of understandable science, informative personal reports and light-hearted humor, which make for enjoyable, thought-provoking reading. Between its chapters, curious readers will also find intriguing essays about various traditions (Taoism, Christianity, Buddhism,

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cortezia, karezza, etc.). These reveal little known, and often remarkable, clues about the hidden potential that lies in our sexual relationships.

“Marnia Robinson's courageous book seriously challenges conventional ‘wisdom’ about human sexual interactions. It is as antithetical to modern cultural beliefs about sexual behavior as Galileo's treatise was to astronomy.”

—A.J. Reid Finlayson, MD, Division of Addiction Medicine, Department of Psychiatry, Vanderbilt University School of Medicine

Cupid's Poisoned Arrow will be available June 23, 2009.

About the Author:

With degrees from Yale and Brown universities, Marnia Robinson left a corporate career to explore the striking parallels between recent scientific discoveries and traditional sacred-sex texts. *Cupid's Poisoned Arrow* is her second book, and is slated for publication in German this year, too. Her first book, *Peace Between the Sheets*, was also translated into various other languages. Robinson and her husband Gary Wilson (who tracks down and analyzes the scientific research she uses in her books) have given presentations worldwide on the unwelcome effects of evolutionary biology on human intimacy. Their ideas were recently featured in the forward-thinking anthology *Toward 2012: Perspectives on the Next Age*. They maintain the Web site *Reuniting: Healing with Sexual Relationships* (www.reuniting.info) and have contributed pieces to various books and magazines. They live in Ashland, Oregon.



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