



# The Secret Psychology of How We Fall in Love

*Paul Dobransky*

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# The Secret Psychology of How We Fall in Love

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**The Secret Psychology of How We Fall in Love Paul Dobransky  
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**A scientifically proven 9-step program for understanding the dating brain and finding the love of your life**

Psychiatrist Paul Dobransky presents a patented, clinically proven, easy-to-follow nine-step program that can lead to lasting love.

Successful romantic relationships have three phases:

1. Attraction
2. Bonding in friendship
3. Commitment

Dr. Dobransky demonstrates how each of these stages is dealt with by a particular part of the brain. By appealing to each of these three “brains” *in order*, we can build a relationship that will last for a lifetime. Drawing on real-life case studies and accessible scientific theory, Dr. Dobransky explains how and why we make the romantic choices we make and shows how we can identify the right person for us and enjoy true love that stands the test of time.

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