

Why You Can Be Addicted to Love

As with obsessive-compulsive disorder, love decreases brain levels of serotonin, the neurotransmitter responsible for mood and flexibility. Low serotonin means you can get stuck on ideas—you become obsessed. Which is just fine, unless she suddenly dumps you. That's when the short supply of serotonin makes you vulnerable to depression. In extreme cases, the serotonin shortage can trigger obsessive behaviors, such as exhibiting extreme jealousy or even stalking. To get those serotonin levels back up before the police come, try exercising more, eating more carbs, and generally distracting your lonesome thoughts. (Road trip!) All of them will boost your serotonin levels

Why Touch Strengthens the Bond

Oxytocin is your brain's love juice: the bonding and attachment hormone. When you feel connected, empathic, in love, the oxytocin jets are spurting. Women have naturally higher levels of this chemical: It boosts nonsexual bonding between a mother and newborn, and it's responsible for putting babies to sleep after they nurse. Though both men and women secrete an extra jolt of oxytocin during orgasm, we men go through a 500 percent surge—which explains our special talent for falling asleep immediately after sex. If she complains that she doesn't feel close enough, ask for her help readjusting your oxytocin levels

Why Women are the Dumpers

Women have greater access to the more negative right side of the brain, one of the reasons they suffer from depression twice as much as men. The right hemisphere also allows women to see the gestalt, or big picture, of relationships, so they tend to know before men when a relationship is not working out.

Where the Thrill Goes

Dopamine and PEA—your powerful attraction chemicals—are strong stuff. But, as with any high, it can't last. Intense feelings of euphoria and obsession start to wane. You again wonder what's been going on in the NFL or whether you should see your buddies. As you come down off the hard stuff, you may actually go through withdrawal, missing the high of the attraction stage.

How to Get the Love Buzz Back

You have a choice to make. Either you go right out and chase that high (and some comely tail) again, or you settle into the longer-term buzz of a committed relationship. Oxytocin and serotonin are your two best chemical friends for the drive toward your 25th wedding anniversary. They're not as exciting to the brain as the attraction chemicals, but they have longer-lasting effects. So you can trade the dizzying high for a sustainable one.

Of course, if you're really smart, you can inject the hot stuff back into any love relationship. Take her away on a trip, spoil her rotten with La Perla lingerie, send her flowers with a dirty note attached, and the little dopamine chemicals come back out and play. Just like the night you met her

What Makes Your Eye Wander

Blame vasopressin. This hormone is involved in regulating sexual persistence, assertiveness, dominance, and territorial marking. And men have lots of it, naturally. In male voles (night-loving rodents, which probably describes you perfectly), the levels of vasopressin seem to make the difference between

stay-at-home dads and one-night-stand artists. Your hormone levels are probably set at the genetics factory, but the more you give in to vasopressin, the more of it you produce. It's your choice.

Should You Stay or Should You Go?

Only your prefrontal cortex knows for sure. Men who have healthy activity in their PFCs have greater empathy, can focus for longer periods of time, and tend to make better husbands. Men who have overactive PFCs tend to be obsessive, oppositional, and argumentative. This can turn them into major chick repellents. Likewise, men who have low activity in the PFC tend to be impulsive (more vulnerable to affairs), easily distracted (lousier at listening), easily bored (more "business" trips to Vegas), and constantly scamming for that attraction high (more given to looking for love in all the wrong places). To keep your PFC firing on all cylinders, protect it from injury, which can come from using too much alcohol, nicotine, or caffeine. Better still, exercise your PFC by setting goals and following through on them.

Why the Guys in Bands Get Lucky

In a study in Finland, eight male volunteers underwent brain scans while they were having orgasms. (Must have been a fun study.) Overall bloodflow in the brain decreased during orgasm, but it skyrocketed in the right prefrontal cortex—as it does in creative people (like musicians) when they do their creative thing. Now, exactly why did you give up those guitar lessons?

Why She Moans During an Orgasm

It almost certainly doesn't have anything to do with you. In addition to its duties as an orgasm assistant, the right hemisphere has also been called the "God" area of the brain. When scientists stimulate the right hemisphere, their subjects have more religious or spiritual experiences. So it's not too much of a leap to guess that when she moans "Oh, God" in the throes of sexual ecstasy, she may be connecting pleasure to a deeper spiritual place in her brain. Music and dancing can jumpstart the right hemisphere, which means the nuns at your high school were right to discourage it.

Why Her Orgasms are Like Paxil

Sexual climax has an antidepressant effect. Orgasms cause intense activity in the deep emotional parts of the brain, which then settle down when the sex is over. Antidepressants calm the same part of the brain. This calming effect may be why people who regularly have sex experience less depression.

Why It's Better if She Swallows

Prostaglandins, fatty acids found in semen, are absorbed by the vagina and may have a role in modulating female hormones and moods. I also feel duty-bound to report that women who perform oral sex on their mates are less likely to suffer from preeclampsia, a condition that causes a dangerous spike in women's blood pressure during pregnancy. Plus, sperm carries TGFbeta, a molecule that can boost the activities of her natural killer cells, which attack the rogue cells that give rise to tumors. Don't make her beg. Offer.

Why a Foot Massage is Foreplay

When you rub the arch of her right foot, you affect her about 30 inches higher, and a little to the left. The foot-sensation area of the brain is next door to the clitoral (and

