

Helen Fisher Quotes

*Men, Romantic Love, People, Brain, Thinking, Falling In Love, Happiness,
Romance, Motivation, Love Is, Sex, Jobs, Animal, Kissing, World, Love,
Inspiration, Mother, Jealous, Looks*

A Rolex watch or an expensive car are the things guys often use to show status, wealth, and basic desirability.

~Helen Fisher

Keep an open heart. We are wired to find love.

~Helen Fisher

Romantic love is an obsession. It possesses you. You lose your sense of self. You can't stop thinking about another human being.

~Helen Fisher

Any kind of novelty or excitement drives up dopamine in the brain, and dopamine is associated with romantic love.

~Helen Fisher

The main characteristics of romantic love are craving: an intense craving to be with a particular person, not just sexually, but emotionally.

~Helen Fisher

A world without love is a deadly place.

~Helen Fisher

Sometimes we fall in love with somebody who will probably never love us, for reasons having nothing to do with us but with their own mindset, their chemistry.

~Helen Fisher

We're not very dangerous animals; we don't have a horn like a rhino or quills like a porcupine.

~Helen Fisher

Barriers tend to intensify romance. It's called the 'Romeo and Juliet effect.' I call it 'frustration attraction.'

~Helen Fisher

Experiences shape the brain, but the brain shapes the way we view experiences, too.

~Helen Fisher

I think romantic love evolved to enable you to focus your mating energy on just one individual at a time, thereby conserving mating time and energy.

~Helen Fisher

Men and women are like two feet; they can help each other get ahead.

~Helen Fisher

Nobody gets out of love alive. You turn into a menace or a pest when you've been rejected.

~Helen Fisher

Women have never been as interesting as they are now. Not at any time on this planet have women been so educated, so interesting, so capable.

~Helen Fisher

As a group, anthropologists are not too fond of people who work in the business world.

~Helen Fisher

Saliva has testosterone and estrogen. When you kiss, you're having a chemical experience.

~Helen Fisher

Romantic love is not an emotion. ... It's a drive. It comes from the motor of the mind, the wanting part of the mind, the craving part of the mind.

~Helen Fisher

Romantic love is an addiction: a perfectly wonderful addiction when it's going well, and a perfectly horrible addiction when it's going poorly.

~Helen Fisher

The reason you take antidepressants is to feel calm. And romantic love is not calm -it's elation, it's mood swings, and you're killing all that when you take the drug.

~Helen Fisher

Research shows that couples who have a lot of similarities, including intellectual compatibility, end up staying together.

~Helen Fisher

Psychologists maintain that the dizzy feeling of intense romantic love lasts only about 18 months to-at best-three years

~Helen Fisher

Young women today do not marry the men they met in high school, or even the one they go out with at college, because they do not need to.

~Helen Fisher

We're apt to fall in love with those who are mysterious and challenging to us.

~Helen Fisher

When you massage someone, the levels of oxytocin go up in the brain, and oxytocin is one of the chemicals that drives attachment.

~Helen Fisher

Anthropologists have found evidence of romantic love in 170 societies. They've never found a society that did not have it.

~Helen Fisher

There's biology in everything, even when you're feeling spiritual.

~Helen Fisher

I've always maintained that men were more romantic than women.

~Helen Fisher

Romantic love allows you to focus mating energy. Attachment sustains that relationship as long as necessary to raise your baby.

~Helen Fisher

Throughout evolution, ostracism was death indeed.

~Helen Fisher

Despite the myth that men are less committed, they are predisposed to desire marriage.

~Helen Fisher

A woman of 40 or 50 or 60 can take estrogen replacements, get facelifts, spend her money in bars.

~Helen Fisher

love is like Someone is camping in your head

~Helen Fisher

You've got to remember that men are men and women are women. And although a lot of similarities, there are some real differences.

~Helen Fisher

Whether you're married or not, relationships - and the satisfaction tied to them - are extremely important for increasing men's and women's quality of life.

~Helen Fisher

Globalization requires taking a broad contextual and long-term view.

~Helen Fisher

There exists no culture in which adultery is unknown, no cultural device or code that extinguishes philandering.

~Helen Fisher

High heels can literally raise your status because you're taller when you wear them.

~Helen Fisher

As women in industrial societies join the paid workforce, they gain the economic means to depart unhappy marriages more easily.

~Helen Fisher

Kissing is not just kissing. It is a major escalation or de-escalation point in a powerful process of mate choice.

~Helen Fisher

Most of us make up our minds in the first three minutes of meeting someone whether there's a potential for a relationship.

~Helen Fisher

Real competition can drive up testosterone, which boosts libido.

~Helen Fisher

Until recently, we regarded love as supernatural. We were willing to study the brain chemistry of fear and depression and anger but not love.

~Helen Fisher

When you're in the throes of this romantic love, it's overwhelming - you're out of control, you're irrational, you're going to the gym at 6 A.M. every day - Why? Because she's there.

~Helen Fisher

At first I assumed hate was the opposite of love. But it isn't. The

opposite of love is indifference.

~Helen Fisher

Women's worst invention was the plow. With the beginning of plow agriculture, men's roles became extremely powerful. Women lost their ancient jobs as collectors.

~Helen Fisher

Natural beauty really entices men. They will tell you this time and time again, and studies consistently prove it.

~Helen Fisher

My hypothesis is that conservative Republicans have very clear values, and when you have that, you're simply more relaxed.

~Helen Fisher

If two very different people pool their DNA, they'll create more genetic variety, and their young will come to the job of parenting with a wider array of skills.

~Helen Fisher

Men have a psychological need to show off their courage and strength. When he sees you talking to another guy, that instinct kicks in and he jumps to protect you and prove he's worthy of your love.

~Helen Fisher

Good-looking people are always looking for other good-looking people.

~Helen Fisher

Men want to think women don't cheat, and women want men to think they don't cheat, and therefore the sexes have been playing a little psychological game with each other.

~Helen Fisher

Women spend their lives trying to look good for men. So a woman who feels she's sending the right visual signals is pleased with herself.

~Helen Fisher

When you look at the brain regions associated with picking up data from the body, a huge amount of the brain is devoted to picking up information from the lips and tongue.

~Helen Fisher

We spend our lives trying to get along with people so we can keep our jobs, keep our marriages together, so that we can raise our kids properly.

~Helen Fisher

[Women] tend to collect more pieces of data when they think, put them into more complex patterns, see more options and outcomes. They tend to be contextual, holistic thinkers.

~Helen Fisher

Men are so visual, they see a woman who appeals to them physically, and it will trigger the romantic love system faster.

~Helen Fisher

Romantic love is an addiction.

~Helen Fisher

The brain was not built to walk into a bar, where you know nobody, and start a conversation. That's not the way humanity has courted.

~Helen Fisher

We evolved in a tropical climate where the smells of plants and flowers were all around us. We spent a lot of time in the trees with a lot of sunlight and no clothes.

~Helen Fisher

A lot of people have been romantically in love with somebody who they feel wasn't appropriate to marry.

~Helen Fisher

We are lied to by our love songs.

~Helen Fisher

It's in our genes, we were built to wander.

~Helen Fisher

Both sexes like the exercise and challenge of sports, but for men it's also a basic display behavior for impressing and winning a mate.

~Helen Fisher

When you fight, anger drives up testosterone in both men and women.

~Helen Fisher

Romantic love is one of the most addictive substances on Earth.

~Helen Fisher

The Internet lets women use words, which is their natural tool. Little girls speak in more complex, grammatical sentences than little boys do, and women never lose that superiority in verbal ability.

~Helen Fisher

There is more and more data indicating that there is a biological basis to your political views.

~Helen Fisher

When chimps threaten, they open their mouth and show their teeth. It's a little like waving a knife in front of you. It's very primitive, and therefore bizarre.

~Helen Fisher

Men tend to be hierarchical, but women are driven to make lateral connections so they can cooperate.

~Helen Fisher

I can't conceive of caring more about my president than my own partner.

~Helen Fisher

Almost always, when I'm on TV, the producers who call me, who negotiate what we're going to say, is a woman.

~Helen Fisher

As societies continue to loosen their standards regarding what is appropriate female and male behavior, I think we are going to realize we have not only underestimated women, but also men.

~Helen Fisher

You know, when you've been dumped, the one thing you love to do is just forget about this human being, and then go on with your life - but no, you just love them harder.

~Helen Fisher

I don't think we're an animal that was built to be happy; we are an animal that was built to reproduce.

~Helen Fisher

It's almost as if men who get tribal tattoos are trying to signal that they are dangerous, they're to be respected, and they're powerful.

~Helen Fisher

The human brain is built to compare; it's Darwinian to consider an alternative when one presents itself.

~Helen Fisher

Any time you choose not to hide your tattoo, you're limiting your social sphere, because they're not popular in big business.

~Helen Fisher

You size up someone physically in less than one second - too tall, too short, too fat, too thin, too old, too young, too stuffy, too scruffy.

~Helen Fisher

You don't come home from the office to spend time with another job. Hopefully you come home to someone you can have a good time with.

~Helen Fisher

Scientists know that women gravitate to men who have a different immune system from theirs.

~Helen Fisher

Women, it turns out, are built to lead - particularly in the modern world.

~Helen Fisher

Women are naturally prone to compete over their mates.

~Helen Fisher

Men don't need linguistic talent; they just need courage and words.

~Helen Fisher

Hair that gleams can send a clear sign that you're young and in your prime, whatever your actual age.

~Helen Fisher

In courtship, who wins and who loses will determine who passes on their DNA to tomorrow.

~Helen Fisher

If we remained perpetually infatuated, we couldn't eat, sleep or work.

~Helen Fisher

I was married and divorced at 23.

~Helen Fisher

Women like signs of money and education - things that indicate that not only is this guy going to have some resources, but he's also willing to share them.

~Helen Fisher

Haiti is the poorest country in the western hemisphere; some say the poorest in the world.

~Helen Fisher

Along with our many human propensities, we evolved a huge cerebral cortex with which we make decisions.

~Helen Fisher

Like most animals, we're wired to associate height with power.

~Helen Fisher

When people tell you to walk a certain way, it's like not thinking of a purple tomato. You can't not do it.

~Helen Fisher

People compose poetry, novels, sitcoms - for love.

~Helen Fisher

We all have restlessness in long-term relationships.

~Helen Fisher

Men couldn't care less if your strands are perfectly styled and neat. In fact, he might like you more with some wildness or bedhead, since it shows you're carefree and relaxed.

~Helen Fisher

Today, American women bear an average of 2.2 children that live to adulthood. Across most of Europe, women bear even fewer young.

~Helen Fisher

Office romances are few, short, and not usually destructive.

~Helen Fisher

There's a lot of talk about the positive aspects of love. We as a society downplay the danger, the anxiety, and the disappointment. We romanticize romance.

~Helen Fisher

People have been looking for love potions since hunter-gatherer societies.

~Helen Fisher

In general, men are wired to notice obvious signs that convey interest in mating - a warm smile, for example - and ignore other subtleties, like if your lipstick is faded.

~Helen Fisher

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