

A Discussion on the book: *How We Love Now*

By Anita Finley

Recently I read some books on the topic “Sex,” especially how it is affecting the baby boomers and older adults. I found it fascinating and after reading Suzanne Braun Levine’s book, *How We Love Now*, I thought the topic would be something that our readers would find interesting.

How about this statement by the author of *The First Sex*, Helen Fisher. She says: “A recent study of brain scans found that love spurs the body to produce dopamine, a natural stimulant. This activity was the same whether the individual was 18 or 50-plus. The body gets older but the basic emotion—the need to be in love—remains the same.”

Another author, Byron Katie, in his book, *I Need Your Love—Is That True?* says “Romantic love is the story of how you need another person to complete you. It is an absolutely insane story. My experience is that I need no one to complete me. As soon as I realize that, everyone completes me.”

One of the chapters in Levine’s book which made me smile was called: Undressing in the Dark. In it, the author knows what all of us are thinking as we look in the mirror and see what aging has had the nerve to do to our once 16-year old bodies...how dare the aging monster take such liberties? Then again, there are compensatory issues such as feeling stronger, smarter, more confident, happier and other fulfilling philosophies about life.

As one ages, whether gracefully or not, new adventures are awaiting, with or without your clothes on, and life has so many important challenges that bodies, with all their differences, are still the best game in town. Make the most of what you have and share it with whomever will appreciate you and it.