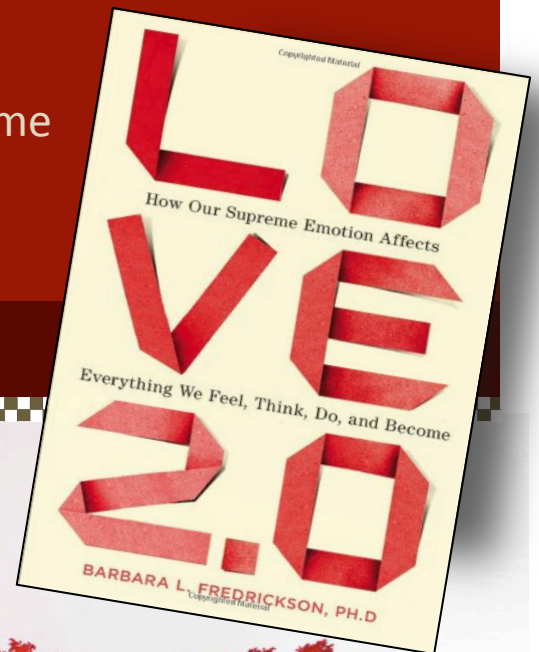


LOVE 2.0

How our supreme emotion affects everything we feel, think, do, and become

Barbara L. Fredrickson, PhD

Executive Book Summary By : **Ashraf H Salem**



The Author

Barbara Lee Fredrickson (born June 15, 1964) is a professor in the department of psychology at the University of North Carolina at Chapel Hill, where she is the Kenan Distinguished Professor of Psychology. She is the Principal Investigator of the Positive Emotions and Psychophysiology Lab (**PEPLab**) at the University of North Carolina at Chapel Hill.

Fredrickson is a social psychologist who conducts research in emotions and positive psychology.

Her main work is related to her broaden-and-build theory of positive emotions, which suggests that positive emotions lead to novel, expansive, or exploratory behavior, and that, over time, these actions lead to meaningful, long-term resources such as knowledge and social relationships. She is the author of **Positivity** (2009), a general-audience book that draws on her own research and that of other social scientists.

She also released our presented book **Love 2.0**, in January 2013, which discusses the supreme emotion of love, micro-moments of connection as well as how love can affect our biological and cellular make-up over time.

Fredrickson earned her Ph.D. from Stanford University in 1990. She was a professor at the University of Michigan for 10 years before moving to the University of North Carolina at Chapel Hill.



Dr **Fredrickson** in the presented book tries to answer the question "Is Love (described as the Positivity Resonance) is really our Supreme emotion"





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EXECUTIVE

BOOK BRIEFING

“LOVE 2.0”

Barbara L. Fredrickson



” The Eskimos had 52 names for snow, because it was important to them: There ought to be as many for love ”

— *Margret Atwood*

“ Love is bigger than joy, amusement, gratitude, or even hope “

— *Barb L Fredrickson*

CHAPTER ONE:

Love, Our Supreme Emotion

Dr. Fredrickson begins her book by creating a new concept of love as an emotion which differ from current concept.

1. Love is not simply a positive emotion that sweep from time to time, it is bigger than Joy, Amusement, Gratitude or Hope.
2. What is the nature of Love?
3. What is hidden beneath love’s surface?
4. What does love create?
5. How to unlock different opportunities for love? I found the following quote answers these questions and summarizes CH.1

“Love is our supreme emotion; Its presence or absence influence everything we feel, think , do and become. It is that current state that **ties you in** (your body and brain) to the body and brain of of those in your midst. When you experience several moments of Love, you will be able to breath life and set yourself to a pathway that will lead to more health, happiness and wisdom.”

(Chapter : 1)



Critical Evaluation:

Shared positive emotions, bio-behavioural synchrony & mutual care.”

The Positivity Resonance of these three elements can occur at any time with anyone, as long as an individual allows the possibility.

But Dr Fredrickson did not discuss at all how to get an individual to open up ?

Love

is Brief, but frequently
Recurring

___ Francois de La Rochefoucauld

CHAPTER TWO: What is Love

In this chapter, Dr Fredrickson emphasizes what love is not and what Love is.

Love is not : a sexual desire, a special bond, an exclusive state nor lasting or unconditioned emotion

Love (in Fredrickson view) is a momentary increase in shared positive emotions, mutual care which broaden and build overtime to form loyalty and commitment.

*I can't stop thinking of these shared moments among **co-workers** which would support and enhance their job satisfaction and eventually trust and commitment to each other.*

Love 2.0 : The View from Here

Love is different from what we think, it is a shared moments (even micro-moments) of positivity resonance that can be repeated strengthened to be a bond.

(Chapter : 2)

????? LOVE ??????

Love is
NOT

- A Sexual Desire
- Special Bond
- Commitment
- Exclusive
- Lasting
- Unconditional

Love
is

Momentary Increase



- Shared Positive emotions
- Bio-behavioral Synchrony
- Mutual Care
- Broaden & Build theoretical backdrop

Builds overtime



- Embodied Rapport
- Social bonds
- Commitment
- Loyalty



CHAPTER THREE: Love's Biology

Love on the Brain:

- During Shared Positivity Resonance moments, brains of each will have the same wavelength and mirror each other.
- A Neurology team from Princeton University studied the Brain Coupling when sharing a moment of positivity resonance (Love) and found that the “Insula” (an area of conscious feeling in the brain) is stimulated when coupling occurs.

Biochemistry in Love:

Oxytocin is the most identified neuropeptide that is secreted during moments of shared positivity, social relations and mutual engagement.

The Vagus Nerve (What happens in Vegas)

It has been found that the Vagus nerve is stimulated during love moments which is responsible for decreasing heart rate, eventually keep hearts healthier.



Love 2.0: The view from here

The body is designed to love. Human Body becomes healthier when repeatedly nourished by positivity resonance with others. It builds up to transform life for the better

(Chapter : 3)

“ The soul must always stand ajar, ready to welcome the ecstatic experience ...”

—Emily Dickinson



"You are Made in the Image
of What You Desire ..."

___Thomas Merton

CHAPTER FOUR: **Love's Ripples**

- **Thinking :**
 - Once a shared moment of positivity resonance is created, the doors of perception widen. An individual comes to view another as part of unified whole: (a single "us") rather than two separate "me's". Care & Concerns develop for a worm interest that extends to **Trust**.
- **Doing :**
 - A Smile is the simplest and most positive indicator of being connected with the other .
- **Becoming :**
 - Becoming Us. The use of words like **us** and **we** in everyday conversations reflects Becoming , United, Trusting and Loyal to each other.

Love 2.0: The view from here

Love, as seen by the author Ripples Out through space and time. Over time these powerful moments changes the individual and expands his network relationship and grow his resilience, wisdom and physical health.

(Chapter : 4)

* * * * * a Smile * * * * *



<http://weheartit.com/entry/26289824>

- A simple sincere smile expresses positivity.
- A smile evokes all positivity
- A smile evokes inter-subjectivity
- A smile broadens collective mindsets & builds collective resources

* * * * *

- All of the above to create the life-giving nutrient of positivity resonance

(Fredrickson, 2013)

loving kindness

” Love doesn’t just sit there, like a stone; It has to be made, like bread; remade all the time, made new.”

___ *Ursula K. Le Guin*

CHAPTER FIVE: Loving Kindness

In this chapter, the author described a range of activities to expand love’s radius in life.

- Micro-Moment Practice:

“Reflect on your Social Connections”:

Each night for a few weeks review entire day and remember the three longest social interactions considering

1- During these social interactions I felt “in tune” with the person around me.

2- During these social interactions I felt “just” close to the person.

- Rate the truth of these 2 statements on a scale 1 to 7 (1= not at all true, 7= very true)
- Recorded every day, as weeks progress one can see whether his/her positivity ratio rises in steps with social connections.

(Chapter : 5)



*"I exist as I am,
That's enough
If no other in the world
be aware, I sit content,
And if each and all be
aware, I sit content"*

— Walt Whitman

CHAPTER SIX: **Loving Self**

The old saying tells that: We can't love others unless we first love ourselves.

Like all forms of positivity resonance, Loving Self requires both Safety and Connection.

In this chapter, Fredrickson recommend this Meditation Practice:

"See Yourself as the Target of Others Love"

By visualizing the cherished people in one's life who are engaged in well-wishing that describes Loving, Kindness Meditation (LKM). The author believes that it will relax self into its warmth, feeling the safety and security it will offer. The Self Meditation Exercise is

- May you (**) feel safe and protected
- May you (**) feel happy and peaceful
- May you (**) feel healthy and strong
- May you (**) live with ease

(Chapter : 6)



“ ... What is rich ?

Are you Rich enough to
help Anybody ...”

__Ralph Valdo Emerson

CHAPTER SEVEN: **Loving Others in Sickness & in Health**

The author thinks that people are most drawn to others who share similarities with each other including compassion.

Practicing Micro-moment (Suggested by the author):

“Use own suffering as a cue to connect”

Whenever you experience any suffering, take that moment as a cue to practice compassion and tender care for yourself.

**“May I, Together with All those who suffer
[This] , Find Peace”**

- The aim of offering compassion to others is modest, you simply offer infusion of warmth and light- however small- into the chilly darkness that the other is now facing.
- Above all, **Love is connection**, where you recognize what others are going through. Meet them where they are , sincerely wishing them the best. I think it’s an easy practice to do among co-workers.

(Chapter : 7)



“ To love one person with a private love is poor and miserable; to love all is glorious ...”

__Thomas Traherene

CHAPTER EIGHT: **Loving Without Borders**

In western culture, it's important to be self-sufficient, independent, pay yourself first. You can't count on anyone to look after your needs, You have to take care of yourself. By understanding the value of positivity resonance, the author helps us break free from such life-limiting cocoon. She suggests practicing a Meditation of : **“Loving All”**

- To find joy in connecting with all the people anyone would encounter everyday;
 - **May you all feel safe and protected**
 - **May you all feel happy and peaceful**
 - **May you all feel healthy and strong**
 - **May you all live with ease**
- This will help unlock opportunities for focusing on Others (Fredrickson believes).
- Loving ALL, without borders and Excluding No One would take us closer to our highest aspirations, our highest spiritual ground

(Chapter : 8)

CHAPTER NINE: A Closing Loving Glance

The author concludes that the work of love as a science is never done. It will continue to unfold.

- Fredrickson and her research team have been making new discoveries about how experiences of Love may be amplified or muffled by the Expression of **Certain Genes** within our Body Cells.
- Finally the author admits that you can Work as hard as you want, but if you are not **CONNECTING** , you are **NOT** going to be successful or Happy.
- Fredrickson also advised her readers to learn to seek love frequently and it will elevate you, your community, and the world far beyond what could be envisioned.

“... I never knew how to worship until I knew how to Love ...”

___Henry W. Beecher

(Chapter : 9)

Summary & Evaluation ...



I choose this book for executive book summary- even though I was advised to be careful to choose such a topic- I think I was right, in fact Barb Frederickson wrote her book to serves as a guide for everyone to learn how to increase opportunities to receive and provide moments of love.

Frederickson described **LOVE**, as an emotion that, like all other emotions, is momentary, not ever lasting and can be experienced in micro-moments. Love, through this view, is not an emotion for just soul mates and/or family members.

The Book defined love as an emotion that can be shared several times a day with different people ranging from family members to strangers on the street. I can add; it can be shared among **co-workers, employees, and work bosses**. Sharing these moments will establish a job satisfaction, loyalty , commitment and trust among coworkers. Frederickson's definition includes the following criteria:

“Love is a momentary upwelling of three tightly interwoven events” :

First, a sharing of one or more positive emotions between someone and another;

Second, a synchrony between each other's biochemistry and behaviours;

Third, a reflected motive to invest in each other's well-being that brings mutual care” (Frederickson 2013, p. 17).

What is then created is a moment of love.

When such moments are shared , bonds are created, loyalty is developed and enduring relationships are created.

Love is a Positivity Resonance condition or state that occurs in micro moments and is repeated and can be shared with others .





Discussion Questions

- 1) In a work environment, fast & full of competition, is there a place for the author's theories of Love?
- 2) What is the cultural impact on Love as a positivity resonance concept?
- 3) Does gender affect feeling of shared warm moments of bio-behavioral synchrony?

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Lectures by The Author

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