



# Sweet Sorrow: Love, Loss and Attachment In Human Life

*Alan B. Eppel*

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## **Sweet Sorrow: Love, Loss and Attachment In Human Life** Alan B. Eppel

In this volume the author proposes that it is the interplay of love and loss that lies at the epicentre of the human story. Support for this proposal is taken from neuroscience, art and psychoanalysis. It will also introduce the reader to important ideas and findings from Attachment Theory. An exploration of the relationship between love and loss can lead us to some understanding of the meaning of our lives. It shows how love and loss are inextricably bound at the centre of human experience, and form the essential dynamic of the human struggle.

This book will appeal to sophisticated lay readers, in addition to various categories of student and professional audiences. It will be of interest to psychologists, psychiatrists, psychotherapists, philosophers, neuroscientists and sociologists. Readers with a background mainly in the arts and humanities will find it appealing because of its linkages and use of poetry, song and visual art to elucidate and illustrate the major propositions of the book.

More generally, anyone with a curiosity about love and loss will find this book attractive. It provides insight and illumination to many of the human circumstances that people encounter in their day-to-day lives.

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