## Our Drive to Bond Community – Bruce H. Lipton, PhD Pathways #41, Page 22



## **Talking Points**

- ❖ If you have been wondering why you keep trying at relationships, it is because, as Bruce Lipton explains, you are designed to bond. Human beings are not meant to live alone. "Whether you're thinking about it consciously or not, your biology is pushing you to bond."
- ❖ Lipton gives various examples and metaphors that explain the human need to bond with other humans (or even with a volleyball, like in Cast Away). ⑤ The need is beyond just pairing or sex, it's deeper and more than just for propagation. We need to be patient with ourselves, and understand that our bonds can be cooperative and harmonious.

## Resources

Full references for each article are available at <a href="http://pathwaystofamilywellness.org/references.html">http://pathwaystofamilywellness.org/references.html</a>

Alexandra Morris, "Gasping Through Marriage, Are We Expecting Too Much?" *Common Health: Reform and Reality*. Web. Feb. 28, 2014. <a href="http://commonhealth.wbur.org/2014/02/suffocating-marriage">http://commonhealth.wbur.org/2014/02/suffocating-marriage</a>