



Do Gentlemen Really Prefer Blondes?: Bodies, Behavior, and Brains--the Science Behind Sex, Love, and Attraction

Jena Pincott

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How long does it take to decide if a person is hot?

Is your lover more likely to get you pregnant than your husband?

Can men tell when a woman is fertile?

If you've ever wondered how scientists measure love—or whether men *really* prefer blondes over brunettes—this smart, sexy book provides real answers to these and many other questions about our most baffling dating and mating behaviors. Based on the latest research in biology, evolutionary psychology, neuroscience, and cognitive science, **Do Gentlemen Really Prefer Blondes?** dares to explain the science behind sex—and opens a fascinating window on the intriguing phenomenon of love and attraction.

Covering the areas of bodies, brains, and behavior, this eye-opening guide reveals the genetic, hormonal, and psychological secrets behind what makes us tick sexually. For example, do you know why a man's body chemistry and behavior change when he's in a committed relationship? And why, when he becomes a daddy, his testosterone level seems to plummet? And did you know...

- When a couple first fall in love, their brains are indistinguishable from those of the clinically insane
- You can tell a lot about a person's sexual chemistry just by looking at his or her hands
- Your genes influence whose body odors you prefer
- Being around breast-feeding women may increase a woman's sex drive

Viewed through the lens of science and instinct, your love life might be seen in a completely different way.

Do Gentlemen Really Prefer Blondes? provides both an in-depth exploration into our sexual psyches—and fresh advice for men and women who want to discover the secrets of successful relationships.

Do Gentlemen Really Prefer Blondes?: Bodies, Behavior, and Brains--the Science Behind Sex, Love, and Attraction Details

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Kendra says

This book was such a fun read. I kept finding myself reading excerpts aloud to my husband because I found so much of the material fascinating. I especially liked the chapter on pheromones. It definitely added strength to the nature side of the nature vs. nurture debates on human sexual attraction. It also gave me a new argument to use against people that believe homosexuality is a chosen trait, since gay men and women actually emit different pheromones to attract each other. It turns out that "gaydar" probably has a biological basis. Finally, the book used a lot of scientific explanations for everyday human interactions but was still written on a level for a layman like me to understand.

Emma Judge says

The title of the book is what initially intrigued me to read it. This book does an excellent job debunking myths about attraction and the thought process of men and women. Author Jena Pincott explained the reasoning behind all of these myths from a scientific explanation and proved the details about performed experiments.

The first chapter explains the science behind and "attractive face". She discusses the idea that eye contact can make a person appear more attractive, how symmetry and attractiveness correlate, and many other concepts. Later in the book, she describes how great of an impact your smell has on your level of attractiveness. She goes into detail about MHC compatibility and how often times, successful relationships have variants in MHC levels. Personally, I found the nose chapter the most fascinating, as she explained the phenomena that a certain smell can be linked with a distinct memory, "If the smell of cologne turns you on, it may remind you of a positive sexual experience you have had or trigger other associations" (57). The next few chapters explain the influence of a person's voice and what makes a person seem "sexy".

The second part of this book explains the behavior behind a person's attraction. She starts by explaining the dramatic effect hormones have on a person's attractiveness. For example, men are subconsciously more attracted to a woman when she is in the fertile stage of her ovulation cycle (119). Chapter 6 describes the subtle signs and signals a person makes, which make them seem more attractive. This chapter emphasized the effect of body language and facial expression. Chapter 7 dives into the "sexy stuff". The author explains myths behind sex, such as why men have more casual sex and if good dancing translates to being good in bed.

The last section of the book fixates on the chemical makeup of the brain and the mindset of individuals. Both chapter 8 and 9 explain what the dating/love mindset looks like and how powerfully it affects a person's life. She explains what couples look increasingly alike over time, which is due to the habitual and subconscious act of mimicking your partner's facial expressions. The author also discusses that the brain "grows" when in love, it changes the way a person processes information and stimulates unconscious associations about the world.

Overall, "Do Gentlemen Really Prefer Blondes?" is an extremely well-written and fascinating book. While the author includes the scientific explanation behind each concept, the writing style is lively and keeps

readers engaged. I would recommend this book to anyone who is fascinated by the psychology of love and why humans respond to love in a certain way.

Davidl says

I really wanted to like this book, as it covered an interesting topic and I usually enjoy science/explanation books. However, this book rubbed me the wrong way for two things the author seems to be implying:

A) That we're all just acting on instinct and subconscious drives, and that in actuality we're all superficial when it comes to choosing our significant others, rather than being a unique species that chooses our partners/mates based on emotion and connection and things like common interests and similar values and goals.

B) That your average guy, one without a large paycheck or toned physique doesn't have any really chance at finding/keeping a nice and loyal woman, because deep down every woman wants either the macho guy or the rich provider.

Luis says

As humans we very much want to be in control of our futures and believe that we are the captains of our destiny, but Jena Pincott clearly shows how we are all victims of our bodies biology. We may never consciously know that the reason we are attracted to someone is their "smell" or that our "testosterone" levels are high because we are single men, but it happens, and it shapes are decisions and behavior.

This is an extremely interesting read if you have interest in biology and sociology. Pincott does a great job of explaining and answering some strange questions that you may have thought about dating, mating, and marriage.

Amanda says

Very interesting and well written. Sometimes science books are written too dry and poorly, which is a shame since they do not do justice to their topic (which is not saying that the style should dumb down the way information is conveyed -- just keep it interesting!). This book was a great read with lots of information that was not only interesting, but quite useful if you are wanting to maximise your tips as a waitress or scientific explanations for attraction! I definitely recommend it.

Xanthi says

You could easily mistake this book as being written by Mary Roach. It is tinged with humour and a lot of information. I've read a fair few books that have covered the topics that this book tackles and was pleased to encounter information that I hadn't previously gleaned before.

This book was a real eye opener as to how much we are ruled by our hormones and how much of our prehistoric ancestry as humans, still control us.

Jason says

Very interesting read. I picked this book up, originally thinking that it was going to be a spoof book on relationships (which it isn't), and ended up really taking an interest in the genuine scientific studies within. Like many of the other reviews, I found that this book WAS more for women readers, but was still interesting to read nonetheless.

Thomas says

The narration is good, but "menstrual" sounds just like "minstrel" should. This is a shame, as "menstrual" shows up in just about every paragraph.

The text itself is surprisingly fun and informative. However, it covers the same ground that one may have read in newspaper health and science sections. If you don't keep up on psychology and sociology, maybe you should give it a try.

P.S. This book makes sex sound quite unsexy. You might avoid it if you're stoking the baby train's engine.

Saadia says

All the latest science behind sexuality and sexual attraction, etc. Everything you ever wanted to know about chemistry, biology, genetics, reproduction, competition, natural selection of the fittest, monogamy, anthropology, etc. on this subject, ha!

Ben says

I'm a black sheep. Always have been. Study after study has proven that men actually DO prefer blondes. Also, study after study has shown that women are attracted to men like their father, and men to women like their mother.

I'm a guy *and* my mother is blonde. So yeah, man. Most guys are more likely to prefer blondes *and* they're more likely to prefer women like their mother -- so I should totally be into blondes.

But I'm not. I dig brunettes! What the hell? Is this book crap? No, it's not. And I'll explain why later.

But first....

The book's format is simple but effective. It poses a question (one of a hundred, total) about attraction, sex, and love, and then gives the answer. Here are some of my favorite examples:

- All things equal, the more symmetrical a man is, the more likely he is to give a woman an orgasm during sex.

- Men often think that women are interested in them when they are not. It gives them an evolutionary advantage to think that they are being smooth when they aren't; the lower the inhibitions and the more attempts, the greater the chances are of him finding a mate.
- Similarly, men often think women are flirting with them when the woman is just simply being nice.
- Men and women tend to prefer those of their own ethnicity. The only race that comes out as "very low" on the interest scale is the female preference for Asian males.
- Many antidepressants make it difficult to fall in love. Being in love typically involves low serotonin levels mixed with very high dopamine levels. Because SSRI's (think Prozac, Zoloft, and many more) raise serotonin levels, people on these drugs are less likely to feel the intoxicating effect of being in love.
- 95% of people think their partner is above average. **(HA!)**
- When a man is away from his woman his level of attraction to her greatly increases. From an evolutionary standpoint, this is explained because he unconsciously believes that she could be cheating on him, being impregnated from a rival's seed. Now GET THIS: Upon the man's return to his lover, he produces more sperm AND thrusts harder than if she had been around the whole time. More sperm is produced because, of course, it increases your chance of winning the baby over rivals, and the harder thrust is explained because the harder one goes at it, the greater the likelihood that he scoops away (often up to 80%!) of his rival's semen.
- When in the early stages of dating, the worst thing you can do is reveal too much information. Also, make your date feel more comfortable with you by displaying similarities.
- A ton of attraction exists in the eyes -- people that stare at each other automatically feel more attracted and attached.
- Straight females are easily turned on by romantic female porn while straight males don't get turned on by gay porn at all. Yet 70% of bisexual men are more turned on by gay porn than by straight porn.
- Sex has extremely valuable calming effects-- no surprise there. But get this: that calming effect can last up to a full week after the last time you had sex!
- Ingested semen, whether through the vagina, mouth, or anus, releases mood enhancing chemicals and hormones that last for days. Often people unknowingly go through semen withdrawal because of this.
- Women are far more desirous of sex just before, and during, ovulation. Studies show that they appear more attractive to outsiders during these times, as well.
- Men and women are more attracted to those with opposite MHC levels, which is mainly found in scent. When a woman is on the pill she becomes attracted to men with similar MHC levels. (You can imagine the problems this can cause.)
- Women view men that have front vowels in their name (such as "Ben") as more attractive than men with back vowels in their name (such as "Ron").
- Penis size has nothing to do with ethnicity. The only statistically significant indicator was actually the individual's height -- the taller the man, the more likely it is that he has a big wiener. Also, few women care about a man's size, and a large majority are happy with their man's size, despite tons of studies showing that

the majority of men wish they were "larger than they are now".

- When it comes to finding a long term partner we tend to prefer someone that looks similar to us. When we're looking for a fling, we tend to look for someone that looks different from us.

So now: Why did I start this off by telling you of my preference for brunettes? Because, while this book is jam-packed with fascinating and useful information about attraction, sex, and love; no two people are identical: human beings are complex organisms, and we can't be easily grouped and defined. *But* we can be generalized, because we all *are* -- whether we care to admit it or not -- heavily shaped by evolution and the psychological ramifications of culture. One can generalize without pigeonholing, and there are often exceptions to the rules posed in this book. The author is sharp, and is careful to throw in proper qualifiers, giving multiple *possible* explanations for her answers. At the same time, she gives plenty of scientific backing with a plethora of studies backing up her generalizations. Outliers, such as myself and my preference for brunettes, will always exist, and she's clear about that.

Of course much of love, attraction -- and to a lesser extent, sex -- will remain a mystery. But to better understand these factors is to improve our chances of avoiding pitfalls, and finding happiness. And hell, that's all we really want anyway. Isn't it?

Attraction!

LOVE!

SEX!!

WEEeeeeEEEEEEEEEEEEEEEE!!!!!!!

Mahmoud Awad says

I (re)read this in combination with "why it takes 12 frogs to find a prince" "attached" "the science of compassionate love" "it's not you it's biology" "rewire your brain for love" and "love sense". All of them are garbage. This is trash too, but it's thinly veneered with a coat of credible academic citations, like 20 minutes of surfing for the raciest pubmed articles you can find.

I can respect trashy. The author knows her audience, and there's nothing wrong with that. If you're a middle-aged aunt who doesn't know how hyperlinks works and wants a bound volume of *Cosmo* subheadings to put next to your collection of "Maxine™" mugs and novelty wine-corks, you'll adore this book!

If you're more like me and interested in learning about the "hard" science of sexuality, but somehow haven't yet read "The Red Queen: Sex and the Evolution of Human Nature" do that instead! Matt Ridley run circles around Ms. Pincott and his dry, information-dense academic writing is really a bit sexier, too.

Zenaide says

I love this book! Do Gentle men Really Prefer Blondes, has helped me maintain a fun dialog while on dates and get togethers. Not to mention choosing the right look that's gives me that slight edge. Its a great conversation starter, when I mention I'm reading "Do gentlemen actually prefer blondes", people are actually

curious to know if they do and ask for examples of scientific studies. Since the studies are fun and interesting I actually remember them, like the Law of Excitation. Anyway, great book to own.

Willa Grant says

I loved this book! Every question & answer was fun & interesting.

lp says

This was mildly entertaining, although I didn't finish. I never actually got to the part that explains whether gentlemen prefer blondes. I misplaced the book and am not that worried about it. Some of the scientific studies were interesting, but they were sandwiched between really dumb, Cosmo-esque commentary that was pretty unnecessary. Also, the font was purple, for chrissake. I'm sorry, I just can't take it seriously if the font is purple. (At least the i's were not dotted with hearts.)

Christine says

I thought this would be a fluff book that only skimmed over the topics here and there of the real science behind why we are attracted to the opposite sex. The author actually provides an interesting compilation of psychological to neurological studies and research of all kinds of interesting information regarding our sexual behavior.

She presents us with a ton of information in a pretty light format. But it gives us the basics and the ability to delve further on any topic we are interested in.
