Contents

ONE	
The Psychology of Heartbreak	1

TWO
Perspectives on Unrequited Love 19

THREE
The Emotional Crossfire 51

FOUR
The Ups and Downs of Self-Esteem 81

Guilt, Justification, Morality:
Struggling with Right and Wrong 105

SIX What Actually Happened? 139

SEVEN
Lessons Learned
and Mysteries Glimpsed 171

EIGHT
Conclusion: The Two Sides
of Heartbreak 195
Appendix 217

References 225

Index 233