

# Everything You Thought You Knew About Love is Wrong

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## ***TIME:***

My parents had an arranged marriage. This always fascinated me. I am perpetually indecisive about even the most mundane things, and I couldn't imagine navigating such a huge life decision so quickly.

I asked my dad about this experience, and here's how he described it: he told his parents he was ready to get married, so his family arranged meetings with three neighboring families. The first girl, he said, was "a little too tall," and the second girl was "a little too short." Then he met my mom. He quickly deduced that she was the appropriate height (finally!), and they talked for about 30 minutes. They decided it would work. A week later, they were married.

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In theory, more options are better, right? Wrong. Psychology professor Barry Schwartz, famous for his 2004 book *The Paradox of Choice*, divided us into two types of people: "satisficers" (those who satisfy and then suffice) and "maximizers," who seek out the best.

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In his book *The Happiness Hypothesis*, NYU social psychologist Jonathan Haidt identifies two danger points in every romantic relationship. One is at the apex of the passionate-love phase. People get all excited and dive in headfirst. A new couple, weeks or months into a relationship, high off passionate love, goes bonkers and moves in together and gets married way too quickly.

Read the whole story: [TIME](#)