# Neuroscientist Nicole Vignola Explores the Science of Love and Breakups on Independent TV



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**Location**: Independent TV Studio

**Date**: May 17, 2024

**Presenter**: Eliza Ketcher

On Friday, May 17, 2024, Independent TV aired an insightful episode featuring neuroscientist Nicole Vignola, who delved into the complexities of the brain during romantic experiences. Vignola discussed the biochemical processes involved in falling in love, including the chemicals responsible for the euphoric sensations associated with romance. She also explored methods through which individuals can sustain long-lasting love by "tricking" their brains.

Furthering the discussion, Vignola delved into the addictive nature of love and provided expert insight into the duration required to overcome breakups. She emphasized understanding the harmony between emotional and intellectual responses in romantic contexts.

The episode is available on Independent TV and YouTube, as well as other major social and podcast platforms.