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ROSES
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RED

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A
BOOK
FOR
LOVERS



KATE MOORE



Michael O'Mara Books Limited

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Introduction

Love. It's a many-splendoured thing. It makes the world go round. Love is patient, love is kind. Love sees no faults (perhaps because love is blind). Love conquers all. All you need is love . . .

Clearly, love has got quite a reputation for itself, but it more than lives up to it. Whether you've been with your lover for decades or just days, you'll be all too familiar with that heart-racing feeling of happiness you get whenever you're in their company. Nothing compares to them, nothing compares to your love for them, and nothing is more important than expressing your love for them.

The lover who's best at everything knows that the best way to charm their other half is with thoughtful gestures tailored to their soulmate's idiosyncrasies. After all, you're the person who knows your lover best. No one else in the world can make them happier.

Every now and then, though, even the best lovers need a little inspiration for romantic deeds. *Roses Are Red* . . . is a treasure trove of idyllic ideas and soulful suggestions that will make your partner fall head over heels in love with you – again, and again, and again . . .

Learn how to make a home-made Valentine's card, to personalize an advent calendar (for the run-up to your anniversary), to prepare the perfect breakfast in bed, and to write a love poem. Get inspiration for mini-breaks and day trips, as well as everyday gestures that will knock your sweetheart's socks off.

The book also takes a look at the most famous lovers of all time, reviews the tradition of courtly love, investigates the history of Valentine's Day and records real-life instances of remarkable romance. All in all, it's a delightful celebration of the joys of being in love.



'There is only one happiness in life –
to love and be loved.'

GEORGE SAND



In the Beginning There Was Love



'Love has its own instinct, finding the way to the heart,
as the feeblest insect finds the way to its flower, with a will
which nothing can dismay nor turn aside.'

HONORÉ DE BALZAC

Exchanging stories about falling in love is a little like that Cadbury's Crème Egg slogan. How did you meet yours? Everybody has their own story to tell. Here's a collection of unusual routes to romantic bliss taken by real-life lovers.

∞ **Against the Odds** ∞

It's a truth universally acknowledged that you can't help who you fall in love with. And, sometimes, love isn't easy. Yet as the proverb goes, love will always out. That was certainly true in the case of June and Heinz Fellbrich. When they got hitched in 1947, their wedding photographs made headlines around the world – for June was a young British girl, and Heinz a German POW (prisoner of war).

On their wedding night, Heinz had to leave the celebrations early to be locked up back inside the POW camp. The newly-weds were regularly spat at in the street and received sackloads of hate mail. But they recently celebrated their sixtieth wedding anniversary.

June said she didn't regret a thing: 'I know it was worth it because I loved him and still do, and that's the secret of our married life – love.'



'Love will draw an elephant through a keyhole.'

SAMUEL RICHARDSON

❧ Written in the Stars Brochure ❧

Kieron and Amanda Dudley met each other through work. Not so unusual, true. However, while in the line of duty at the Dunstan Hall hotel, the pair, though just colleagues, ended up posing as newly-weds for the hotel's wedding brochure in September 2004. Almost three years later, they ended up holding their very own wedding reception there – this time for real!



❧ We Just Double-Clicked ❧

Many couples these days first meet on the Internet, via chat rooms or on dating websites. One pair found each other, unusually, through online marketplace eBay, after singer James Blunt put his sister Emily 'up for sale'.

'Damsel in distress seeks knight in shining armour. Desperate to get to a funeral in southern Ireland, please help,' the ad read. Big brother James was determined to help out his sibling, who was distraught at the thought of missing an important memorial service because of transport disasters.

The highest bidder happened to be millionaire Guy Harrison, who flew Emily to the funeral in his helicopter (as you do). The besotted couple married in Hampshire in 2007.



'The thing about falling in love, is that if you do it right, you never have to hit the ground.'

KENDALL LEPIZKI

❧ Love at First Sight ❧

It's the great myth in romance . . . or is it totally true? England footballer David Beckham certainly thinks so. He fell for his future wife, Victoria Adams, before the pair had even met.

In November 1996, he saw the video for the Spice Girls' single 'Say You'll Be There', and was instantly smitten with 'Posh'. He remembers: 'I pointed at the screen and told Gary [Neville], "That's the girl for me and I am going to get her." It was her eyes, her face. She's my idea of perfection. I was sure just from seeing her on that video that she was the one I wanted, and I knew that if she wanted me, we would be together forever.'

And they both lived happily ever after . . .



'We love because it's the only true adventure.'

NIKKI GIOVANNI



TIP!

Every now and again, make a point of rereading the emails and love letters you wrote your lover (and received from them) in the early days of your relationship. The feelings of excitement, anticipation and overpowering emotion will come flooding back in an instant.

The Science of Love



'The greatest science in the world; in heaven and on earth; is love.'

MOTHER TERESA

A racing heart, flushed cheeks, breathlessness, a shortened attention span, a debilitating fever: oh, the symptoms of love are far-reaching, and you're too far gone to care. But what's the science behind the physical effects of falling in love?

❧ A Step-By-Step Scientific ❧ Guide to Falling in Love

Helen Fisher of Rutgers University in New Jersey, USA is one of the best-known researchers in the field of love's biochemistry. She has discovered that there are three key stages when it comes to falling in love, each of which is governed by a different set of chemicals. Here's a simple summary of her research, offering an insight into how some of those chemicals make us feel.

Step One: Lust

Fisher says this stage will 'get you out looking for anything'. Not the most romantic period, then. This stage is fuelled by the sex hormones oestrogen and testosterone.

Step Two: Attraction

This is when that crazy neurotransmitter serotonin starts whizzing in our brains; it's joined by dopamine and adrenalin, the latter of which accounts for the racing heart and sweaty palms that all lovers experience.

During this phase, a loss of appetite may occur, and you'll probably need less sleep than usual because of the buzz you're getting from the feeling of attraction.

Step Three: Attachment

Not all love affairs progress to this stage, but if you're meant to be, you'll definitely be affected by the hormones oxytocin and the less-than-sexy-sounding vasopressin. Oxytocin is a hormone that increases trust and encourages bonding. It's released during orgasm, so the more often a couple make love, the more likely they are to become inseparable.



SCIENTIFIC STUDIES

In 2002, Australian researchers disproved a 1970s theory that marriage drove women up the wall, instead finding that both sexes are happier when married. From a survey of 10,641 Australian adults, married women with children were the least likely to suffer mental health problems, while 25 per cent of men and women were depressed when single.

In 2005, American scientists concluded that opposites did not attract, when their study of married couples found that the happiest marriages were those in which the partners were similarly matched in terms of personality and beliefs.

❧ Falling for Pheromones ❧

Pheromones are invisible chemical substances unwittingly released by humans, as well as other mammals, which signal many things, including sexual desire and basic genetic blueprints. Health educator Deb Levine once dubbed the human pheromone 'the sexual scent of attraction'.

Indeed, it's now thought that pheromones play a major role when two people fall for each other. A 1999 article in *Psychology Today* revealed that the way others perceive our unique scent is a highly selective process, wired by genetics.

Rather unromantically, we usually smell best to a person whose immunity to disease differs most from our own. The theory goes that combining the two in-built genetic defences through reproduction will result in stronger, healthier children: the instinctive aim behind all sexual attraction.

So, the next time you inhale your lover's particular scent (which may well be your favourite smell in the whole world), remember that what you're revelling in is not only their olfactory trace, but also their pheromones . . . pheromones which confirm, through your mutual attraction, that you and your partner are truly meant to be.



Lovers in History



'Love conquers everything: let us, too, yield to love.'

VIRGIL

The heat of some lovers' passion is so fiery that it leaves its mark not only on them, but also on the rest of the world. The following couples have gone down in history as the most desperately-in-love duos of all time.

♂ **Mark Antony and Cleopatra** ♀

In the first century BC, Cleopatra was Queen of Egypt, while Roman soldier Mark Antony was leading the emerging Roman Empire as part of the Second Triumvirate with Lepidus and Octavian.

They had first met in 46 BC when Julius Caesar first brought Cleopatra to Rome, and fate was to throw them together four years later when Antony visited Egypt to investigate Cleopatra on behalf of Rome. Instead he fell madly in love with her (even though he was already