

## PRAIRIE VOLES

# Recovering from a broken heart

A molecular signature found in the brains of monogamous prairie voles begins to decay after prolonged separation from their partner.

ALISON M BELL

**Related research article** Sadino JM, Bradeen XG, Kelly CJ, Brusman LE, Walker DM, Donaldson ZR. 2023. Prolonged partner separation erodes nucleus accumbens transcriptional signatures of pair bonding in male prairie voles. *eLife* 12:e80517. doi: [10.7554/eLife.80517](https://doi.org/10.7554/eLife.80517)

Despite the best efforts of my hole-digging dog, my backyard is home to rodents who are in love. Furry prairie voles spend lots of time huddled underground, usually in pairs that work together to rear their pups. If the couple is separated, even for as long as two weeks, they still remain bonded and will reunite as tight as they were before (Getz et al., 1987). These humble rodents are famous for their monogamous behavior, and have been the subject of many eye-catching headlines (Tucker, 2014; Armitage, 2015). Part of their appeal is the possibility to understand the biological basis of love, devotion, and life-long attachment – topics that seem more suited to humanities than biology departments.

Most scientific research on prairie voles has focused on how monogamous pairs are formed, particularly the role of oxytocin, the famous “love hormone” (Insel and Shapiro, 1992). However, less is known about what happens when these bonds get broken; what happens when one member of the pair outlives the other? Previous behavioral studies have shown that voles exhibit signs of distress when they are separated from their partner, but eventually adapt to this loss and

seek out a new connection (Harbert et al., 2020). Now, in *eLife*, Zoe Donaldson and colleagues from the University of Colorado Boulder and Oregon Health and Science University – including Julie Sadino as first author – report what happens to voles as they recover from a broken heart (Sadino et al., 2023).

Sadino et al. studied male voles in same-sex and opposite sex pairs that had been housed together for two weeks and then separated for 48 hours or four weeks. Using a technique called vTRAP (short for translating ribosome affinity purification), they investigated which genes are expressed in the nucleus accumbens, a part of the brain that is engaged during pair formation in mammals, including humans (Walum and Young, 2015). The pattern of genes expressed (also known as the transcriptional signature) was measured before and after voles were separated, along with their behavior to see if these two factors are coordinated together. The female voles were also prevented from becoming pregnant to control for the potentially confounding influence of co-parenting together.

The experiments revealed that male voles stably express hundreds of genes in their nucleus accumbens when living with a partner, which remained unchanged even after the pair were separated for a few days. However, while the male voles continued to prefer the company of their partner even after long periods apart, the transcriptional signature in the nucleus accumbens started to decay as the voles spent more time away from each other.

These findings suggest that genes in the brains of the voles start to alter their expression before the voles lose preference for their old mate.



# Recovering From A Broken Heart

**Mike Riley**





## **Recovering From A Broken Heart:**

How to Heal a Broken Heart in 30 Days Howard Bronson, Mike Riley, 2002-01-22 It's over Now what? Suffering from a broken heart. Afraid you'll never get over this feeling of emptiness and loss. You can, and with the help of this easy-to-follow program of action, you will. Follow Howard Bronson and Mike Riley as they lead you through their thirty-day plan for recovering from your broken heart. They will guide you through a brief period of mourning for your loss and then the process of rebuilding yourself and your life. You are encouraged to enjoy good memories of the relationship that's just ended while remembering the reasons for the breakup. You will learn to take responsibility for your own emotions, face your fears, and ultimately to seek new people and new experiences. Find out how and why to cry till dry. Good ways to beat loneliness. Why it pays to forgive your ex. How to let go of old memories and resentments. How to Heal a Broken Heart in 30 Days prescribes a wide array of tested and proven insights and exercises. After thirty days of active self-restoration, your heart will be healed and whole again, and you'll be ready for anything. Of course, your feelings of grief, hurt, or shame may come and go. But in less than a month, you can be ready to deal with life's new challenges with a positive sense of emotional balance you may never have had before.

*Healing Your Broken Heart* Oghovemu Daniel Okpu, 2019-07-15 Are you experiencing the devastating pain of a relationship marriage breakup and feeling you can't ever recover? Have you lost a sense of happiness and passion to pursue your life goals because you just can't cope with the pain of a broken relationship or marriage? Do you have friends or loved ones who are facing heartbreak and finding it hard to move on in life that you would love to help get over their pains and encourage them to move on happily with their lives? Then this book *Healing Your Broken Heart* is the companion you need to positively change your thoughts and turn your life and those of your loved ones into the best you desire. In *Healing Your Broken Heart*, the author shares proven strategies for recovering from the pain of relationship marriage breakup and moving on to live your best life. Specifically, *Healing Your Broken Heart* will help you to cope with the pain of your broken heart as if nothing happened. Be in control of your hurtful emotions and not allow them to control you. Pick up the broken pieces of your heart and make it whole again. See the gainful and positive side of your broken relationship or marriage instead of its painful or negative effects. Develop your lost passion and happiness to pursue your life dreams which have appeared to be gone because of your broken heart. Become motivated and inspired with profound quotes on heartbreak. And lots more. Filled with warmth, empathy, and hope, the book *Healing Your Broken Heart* is not just a book to heal your bleeding heart; it is a life companion to help you move on to live the best life you desire. Heartbreaks arising from relationship marriage breakups notwithstanding. In a nutshell, for any victim of heartbreak looking for healing, this may be the most important book that will ever be needed. Grab your copy of *HEALING YOUR BROKEN HEART* now.

Healing A Broken Heart Sarah LaSaulle, Sharon Kagan, 2010-05-11 The loss of a love is a nearly universal emotional crisis, whether the end is divorce, desertion, or a mutually agreed-upon separation. At first, friends and family are there to offer a shoulder to cry on, but after a few months



there s an expectation that we just need to get over the crisis and move on Thus unprocessed painful feelings are buried leaving us numb Or we repeat damaging relationship patterns over and over again The situation doesn t have to be like that Healing a Broken Heart guides those of us grieving for a lost love through four metaphorical seasons of recovery with provocative questions and journal pages on which to respond to help move us forward The four seasons serve as powerful metaphors for the stages of the grieving process Summer is the season for charting the course of a relationship remembering hopes and expectations the warning signs that went unheeded During autumn journalers accept the reality of breaking up and acknowledge things about the relationship that didn t serve their needs Winter brings the pain of grief over the profound loss Finally spring and with it renewal invites readers to examine and understand how their family history may have affected their past relationships Punctuated throughout with poems and moving meditations the thoughtful interactive approach of this book offers the time and space we all need to heal when our hearts are broken      *Recipes for Recovery* Leza M.

Mesiah,2007-02-13      **How to Heal a Broken Heart in 30 Days** Mike Riley,2002 It s over Now what Suffering from a broken heart Afraid you ll never get over this feeling of emptiness and loss You can and with the help of this easy to follow program of action you will Follow Howard Bronson and Mike Riley as they lead you through their thirty day plan for recovering from your broken heart They will guide you through a brief period of mourning for your loss and then the process of rebuilding yourself and your life You are encouraged to enjoy good memories of the relationship that s just ended while remembering the reasons for the breakup You will learn to take responsibility for your own emotions face your fears and ultimately to seek new people and new experiences Find out How and why to cry til dry Good ways to beat loneliness Why it pays to forgive your ex How to let go of old memories and resentments How to Heal a Broken Heart in 30 Days prescribes a wide array of tested and proven insights and exercises After thirty days of active self restoration your heart will be healed and whole again and you ll be ready for anything Of course your feelings of grief hurt or shame may come and go But in less than a month you can be ready to deal with life s new challenges with a positive sense of emotional balance you may never have had before From the Trade Paperback edition      **Learning How to Heal a Broken Heart** Marvin Scholz,2019-10-23 I have yet to meet someone who has not been heartbroken at least once in their life It happens to us all more often than not it ll happen more than once We get heartbroken we get disappointed we get rejected It s part of life We live in a world with flawed humans who fail us and make mistakes Many of our dreams are wrapped up in these humans and because of that brokenness is just a part of living on this earth It s a price of admission to this life and something which we all must pay We can t always control the situation or the outcome for that matter But we can control how we respond to the devastating blow when heartbreak strikes In this book I will go over all the ways one can truly heal from heartbreak Dealing with the pain that comes with it the struggle the insecurities disappointment and the rejection I will show you how to combat grief and how to endure the difficult road to becoming whole again Heartbreak and disappointment they change you change how you eat how



you sleep and how you interact with others It shakes you to your very core The essence of who you are Recovering from such trauma can be an extremely lengthy and challenging process If done incorrectly you re not only prolonging your heartbreak but also risking long term emotional damage Add to the fact that most people don t even know what genuine healing really is and then you understand why most people never truly accomplish it In a world that leaves us broken many times over we must excel in the process of healing Healing is an art An art that we must master if we want to live a truly fulfilling life If we re going to create healthy long lasting relationships then we have to learn how to heal fully and in the right way from the ones that leave us broken Because heartbreak isn t physical trauma where our bodies automatically know how to respond No I m afraid with mental trauma the healing process is far more complicated than that And it s entirely up to us whether we heal or not If your heart is heavy if your soul is crushed if you re suffocating in immeasurable grief and disappointment I want you to take this book and let it be your lifeline for these troublesome times Let me be the compass that will lead you out of this storm

**How to Heal the Pain of a Broken Heart** Mark Stefk,2018-07-30 Are you in pain suffering from a broken heart Has your world been turned upside down with the loss of a loved one You have opened yourself up to love you are vulnerable and now you suffer loss and pain as a result No one wishes for a broken heart but through living life fully we are open to loss Breakup betrayal separation divorce death of a friend or family member will all bring pain This book is designed to help you understand what you are going through and provide you the tools to ease the pain and reclaim your life Some people suffer a loss and seem to move on quickly while others wallow in their despair It is important to deal properly with your pain mend your broken heart and move on with your life Read this book Reflect introspect on your loss and take the nuggets gained and use them as stepping stones to the new you You are not alone We travel this path together

Remember you are loved and this too shall pass

**How to Heal a Broken Heart** Carolyn Hughes,2015-02-04 Everyone needs love in their life And they need to be loved Why Because it s through love that we find our identity and worth When you re struggling with the pain of a broken heart it hits to the core of your mind body and soul This book is for anyone who has had their heart broken in the past or who is going through a heartbreak Whether it s the loss of a loved one a failed relationship an abusive partner or a family difficulty the hurt is real How to Heal a Broken Heart Let go of pain and learn to love again can help you make the transition from broken hearted to whole hearted so that you are free to love yourself and others Also includes 365 inspirational quotations reflective thoughts and empowering aspirations to help you live your life as the person you were meant to be

**How to Heal from Heartbreak** Calvin Dale,2022-10-10 Heartbreak is a universal experience that causes a great deal of emotional pain and distress There is no avoiding it Time is needed to heal a broken heart However you can take steps to safeguard your emotional well being and provide yourself with support throughout the healing process Are you having trouble moving on from a breakup If so you are not the only one After a breakup many people struggle to move on However there are steps you can take to speed things up We ll talk about some strategies for getting



over a breakup in this book      Recovering From the Loss of a Love Norm Wright,2014-10-30 How do you get over a break up How do you move on when someone you love walks away Whether it s the loss of love through a breakup or the agony of having someone not love you back this encouraging book by Dr Norm Wright helps you move through the stages of grief and loss and guides you toward wholeness and hope It feels like the deepest hurt in the world and you don t know how you can ever move on People tell you that time heals all wounds but that doesn t help with the pain you feel right now Expert Dr Norm Wright understands He has worked with those devastated by heartache for over 4 decades He knows how to compassionately and practically help you work through the feeling of loss grief and rejection showing you how to resist blaming God how to make sense of it all and how to finally move forward Find out the factors that make certain losses more difficult than others Discover how to work through the emotions caused by grief and loss Learn the 5 steps to letting go and the 10 tips on how to move on Recognize whether you are afraid of loving again and find out how to overcome that fear Heartbreak despair loneliness numbness these are our feelings when we experience a broken relationship But these are not feelings we need to carry with us forever Experience the peace that comes from letting God be the healing balm for your wounded heart Perfect for Personal use growth To give to someone who is struggling with the loss of love Ministry training tool Church leaders teachers prayer team etc Christian divorce recovery group Christian counseling resource      **Picking Up the Pieces** Dinah S. Temple,2004-08 What do you do when your broken heart is bleeding all over the floor How do you mend your heart get on with your life and do it with a smile How do you rebuild a happier life learn to trust and love again Dinah S Temple has the answers In her new book Picking Up the Pieces Ms Temple shares the wisdom she gained after going through her own heartbreak recovery following her broken marriage Picking Up the Pieces offers savvy practical advice on how to regain balance in a shattered life spinning out of control after a relationship breakup It provides a winning combination of lessons on love infidelity trust forgiveness and moving forward Temple quickly connects with each reader on a level that only someone who has been there can New hope springs from each page as Temple navigates readers through the grieving and healing process Temple details positive ways to channel emotions into productive healthy energy focused on rebuilding a new life She writes with compassion and wit as she nudges readers back to a happy and whole heart Readers come away with a more positive outlook on life fueled to rebuild their self esteem and start again with confidence and hope They learn how to survive the tragic loss of love journey through the tunnel of pain and come out on the other side triumphant strong still sane secure and ready to love again      **How to Heal from a Broken Heart Gods Way** Kari Johnson,2018-06-30 Everyone at some point in life encounter some form of heartbreak It may come from a relationship a divorce death of a loved one or even a failed business We often don t know how to deal with the pain and as a result we can be overcome by it When we put our hearts in God s hands and depend on him for our healing we can overcome the heartache and learn how to never hurt so badly again      **How to Heal a Broken Heart** James Jackson,2022-09-13 We get



heartbroken we get disappointed we get rejected It s part of life We live in a world with imperfect beings that fail us and make errors Many of our goals are tangled up with these folks and because of that brokenness is simply a part of being in this world It s a price of admittance to this world and something which we all must pay We can t always control the circumstance or the result for that matter But we can influence how we react to the painful blow when grief comes In this book I will go through all the methods one may properly recover from sorrow Dealing with the agony that comes with it the fight the anxieties disappointment and the rejection In this book I will teach you how to overcome sadness and how to survive the tough path to being whole again Heartbreak and disappointment alter you influence how you eat how you sleep and how you connect with people It shocks you to your very core The essence of who you are Recovering from such trauma may be an incredibly long and tough process If done poorly you re not only prolonging your pain but also risking long term emotional harm Add to the fact that most people don t really know what true healing is and then you see why most people never genuinely achieve it In a world that leaves us shattered many times over we must excel in the process of mending Healing is an art An art that we must perfect if we wish to live a fulfilled life If we re going to develop good long lasting relationships then we have to learn how to heal properly and precisely from the ones that leave us damaged Because sorrow isn t physical pain where our bodies instinctively know how to react Getting over someone is no mean task Luckily you have this book to assist you The chapters are divided down into bite size readings so you may read each one in no particular sequence Let this book be your cheerleader and guide to mending your damaged heart The next chapters include vital insights and concrete measures to adopt in your path toward mending your heart You re going to learn how to move on following a breakup If you can t get over your ex and are seeking a way to move on them this book is for you In this book you will learn how to move on and become happy than you have ever been before If you are weary of living a life of unhappiness then STOP discover strong ways for getting over your ex and become happy then you have ever been Here is a glimpse of what you ll learn How To Heal A Broken Heart How To Forgive And Let Go How to locate a new source of Happiness How To Make Positive Changes In Your Life How To Start Living A Happy Life And much more Get your copy now Take action today by clicking the Add to Cart button You may purchase it for yourself or your loved ones

*5 Steps to Heal a Broken Heart* Tara Rae Richter,2013-08-27

This is a guidebook to help anyone who needs to heal emotional wounds but isn t sure how or where to start A broken heart is one of the most difficult things a person can endure in their lifetime When a hurricane rips through our house we file a claim with insurance and build a new one When we get laid off from our job we find another one Both of these instances are devastating yet we seem to be able to pick up the pieces and move on However when our lover leaves us we can t eat we can t sleep we can t function as human beings any longer We feel as if our souls have been ripped from our bodies We are walking around like an empty bag of bones Some of us do this for years in and years out We just don t know what to do How do you heal your broken heart

*Recovery, the 12 Steps and Jewish Spirituality* Rabbi Paul Steinberg,2014-09-18 Claim the



Spiritual Freedom That Waits Beyond the Suffering and Slavery of Addiction One of the important similarities between AA and Jewish spirituality is the statement in Step 12 to practice these principles in all our affairs There is no dichotomy of sacred versus secular Jewish spirituality applies to how we eat sleep work socialize and recreate There is nothing that is external to the relationship of human being to God from the Foreword A major new Jewish contribution to 12 Step spirituality This easy to read exploration from a Jewish perspective is the first comprehensive approach to successfully integrate classic Jewish spirituality with the 12 Steps of Alcoholics Anonymous AA and other recovery resources With clarity and passion Rabbi Paul Steinberg masterfully weaves traditional Jewish wisdom with the experience strength and hope of AA He draws on Jewish resources theological psychological and ethical that speak to the spiritual dimension of the disease and shows how the principles of Jewish spiritual recovery directly align with those of the AA 12 Steps Along the way he courageously shares his own personal struggles with alcoholism and addiction in a way that will help others find guidance and a new life path and stay on it

**Bruised But Not Broken** Erica Burse, 2018-02 Finding help for a broken heart or struggling to move on from a bad relationship is difficult in most cases and more than some people can handle In Erica Burse s new book *Bruised But Not Broken* God gives her ten healing steps that can take anyone from victim to victory It all begins when we admit that we need help and cannot navigate the muddy waters of pain and rejection alone Erica admits that she did not overcome her painful past without an intense struggle of her own However with God s help and these healing instructions she now relays the ten easy steps that brought healing and triumph in her life She also guarantees that you too will find resolution to your problems and live a life that is meaningful and full of blessings if you follow God s lead These steps will not only work in repairing personal relationship issues but they will also help bring closure to any conflict situation

*52 Simple Steps to Mend a Broken Heart* Pasquale De Marco, 2025-07-16 In the aftermath of a shattered heart we embark on a journey of healing navigating a tumultuous sea of emotions confusion and uncertainty *52 Simple Steps to Mend a Broken Heart* serves as a beacon of hope offering guidance and solace to those seeking to mend their broken spirits Within these pages you will find a wealth of wisdom inspiration and practical tools to help you navigate the path to recovery This comprehensive guide delves into the complexities of heartbreak offering insights and strategies for coping with the pain rebuilding your self esteem and reclaiming your sense of worth You will discover the importance of acknowledging and embracing your emotions transforming them into catalysts for growth and renewal Through self compassion and understanding you will learn to nurture your emotional well being and cultivate resilience The journey of healing requires us to reconnect with our inner selves rediscovering our passions setting personal goals and practicing self care *52 Simple Steps to Mend a Broken Heart* provides guidance on rebuilding relationships setting healthy boundaries communicating effectively and dealing with toxic influences By fostering meaningful connections and surrounding ourselves with supportive loved ones we can foster a sense of belonging and purpose Moving forward after heartbreak requires courage and resilience This book offers insights into



taking control of your life embracing change and overcoming obstacles You will learn the importance of setting a new vision for the future taking action and finding purpose and meaning in your life By cultivating a positive outlook and embracing hope you can emerge from the ashes of heartbreak stronger and wiser than before Ultimately healing from heartbreak is a personal journey unique to each individual There is no one size fits all solution and the pace of healing will vary from person to person However by following the guidance and insights offered in 52 Simple Steps to Mend a Broken Heart you can find your own path to recovery reclaim your joy and embrace a life filled with purpose love and fulfillment If you like this book write a review

Heart Healing Susyn Reeve, 2018-10-15 This book serves as your personal heart healing coach to free your heart and mind of the wounds of the past Jamie Lynn Sigler actress on The Sopranos Whatever the cause of your heartbreak the end of a relationship the death of a loved one a divorce shattered dreams a family feud a life threatening diagnosis career turmoil or past abuse that repeats over and over again it is never too early or too late to courageously forgive and let go Filled with stories proven exercises and powerful affirmations to free you from any resentment and anger you are holding towards yourself or others this book offers potent opportunities for lasting life changing heart healing The emotional clutter of old resentments grudges guilt and shame are blocks to love and a direct call for action Readers will learn The distinction between a closed and broken heart To identify the specific beliefs that continue to activate your emotional wounds and unresolved anger How to forgive yourself and others using the Deal Heal Forgive Process How healing your heart contributes to healing the broken heartedness in the world today With wisdom gained from her own heartbreak story and decades of study with Joseph Campbell Jean Houston Robert Fritz don Miguel Ruiz and thousands of clients and students Susyn Reeve has written a refreshingly honest and practical guide to living a life of contentment connection and long overdue love Heartbreak is a painful fact of life Be prepared to free your heart because you were born worthy Nell Merlino creator of Take Our Daughters to Work Day

**Heal Your Broken Heart** Michael Kane, 2012-11 Based on the highly successful Los Angeles workshop by the same name Heal Your Broken Heart is an easy to follow process that gently guides us through understanding releasing and ultimately healing our heartbreak from a lost romantic relationship The book is filled with extraordinary tools and superb guidance we can all use In his direct easy tone Michael Kane teaches us how to heal from both our past and present heart wounding as we also learn to identify our relationship patterns The result gives us a renewed connection to ourselves a refreshed sense of self confidence and personal awareness and a healthy approach to our future relationships Heal Your Broken Heart is also a primer on love clarifying what love is and inspiring us to love and nurture ourselves as we mend from our heartache This is a book for both women and men that teaches us how to process through our pain and fully recover from it

**Through a Broken Heart** Colleen Meissner, 2018-04-18 Dear Broken Heart You must be hurting deeply Perhaps you're also feeling overwhelmed and completely alone in this place of emptiness and grief I've been where you are and my heart aches with yours I want you to know there is someone who sees and someone who cares His



name is Jesus The journey right now is dark and painful but if you will travel with me using God's word as our guide it will eventually lead to a place of hope and restoration A destination where God's love ushers you into wholeness Where His healing hand won't just repair your shattered soul but will establish you in the truth that you are deeply loved and understood In contrast to your current sorrow this may seem too good to be true I get that I've been there At this point I'm only asking you to trust that He is able I invite you to spend these next six weeks at the feet of Jesus and allow Him to enter into your wounded heart through this very place of brokenness Will you give Him permission to transform you in a way that far exceeds your own expectations Colleen Meissner Married for the first time at 42 Colleen knows firsthand the pain of heartbreak being single longer than expected and the battle against fear and insecurity She holds a Master's Degree in Clinical Psychology and has spent over 10 years sharing her own experience and knowledge as a coach and mentor She now has a vision to share the wisdom she's been given with you



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### **Recovering From A Broken Heart Introduction**

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
































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





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