

Is Physical Attraction Important In A Relationship

Is Physical Attraction a Foundation, or a Feather on the Nest? The air crackles with unspoken desires and carefully constructed facades. We scroll through endless profiles, meticulously crafting our online personas, hoping to find "the one." But amidst the flurry of compatibility quizzes and shared interests, a fundamental question lingers: is physical attraction truly important in a relationship? The answer, I believe, is more nuanced than a simple yes or no. It's a delicate dance between primal urges and evolved desires, a complex tapestry woven from both fleeting sensations and enduring connection. This isn't about judging aesthetics or promoting superficiality. Instead, let's delve into the multifaceted role of physical attraction in the intricate dance of human connection. Is it a necessary ingredient, a desirable bonus, or perhaps something that, over time, can evolve into something deeper?

The Primal Pull: Why Physical Attraction Matters

Physical attraction, at its core, is rooted in biology. Our brains are wired to recognize certain features as attractive, often

unconsciously associated with health, fertility, and overall well-being. This primal pull can be a powerful catalyst for initiating and maintaining interest. The initial spark, the undeniable magnetism, often fuels the early stages of a relationship, creating a powerful foundation upon which other connections can be built.

The Initial Spark

Imagine meeting someone for the first time. That initial moment, that shared glance, that unspoken understanding, are often rooted in a mutual recognition of physical attraction. It establishes an instant connection, a sense of ease, and a shared interest. Without this foundational element, the pursuit of connection can feel less engaging. This is not to say that intellectual compatibility or shared values are less important, but the initial spark is undeniably critical to the start of any meaningful relationship.

The Role of Body Language

Body language plays a critical role in fostering physical attraction. Subtle cues, from a shared smile to an engaging posture, can communicate interest and comfort. These non-verbal interactions, often influenced by unconscious preferences, shape perceptions and build rapport early on. A harmonious interplay of these factors can create a powerful initial impression, setting the stage for further interaction.

Beyond the Surface: The Evolving Landscape of Connection

While physical attraction is undeniably important in the beginning, the importance shifts as the relationship evolves. Sustained connection isn't solely reliant on aesthetics. A healthy relationship often transcends physical attraction, evolving into a deep, emotional bond built on shared values, respect, and mutual support.

The Significance of Shared Values and Goals

In the long run, shared values and common goals often become more significant than initial physical attraction. Compatibility in these areas provides a stable foundation for long-term commitment and happiness. Imagine two people who are physically attracted but have vastly different perspectives on life, family, and finances. These differences, unchecked, would create inevitable friction and could ultimately lead to conflict.

Emotional Maturity and Growth

Emotional maturity plays a critical role in navigating the dynamics of a relationship beyond the initial attraction. The ability to communicate effectively, to empathize with one's partner, and to support each other through challenges are fundamental to a thriving relationship. Physical attraction,

while important in the early stages, pales in comparison to the enduring strength of a connection built on understanding, respect, and shared growth.

Charting the Course: Navigating the Nuances

How can we assess the interplay between physical attraction and lasting connection? Here's a simplified framework: | Stage of Relationship | Importance of Physical Attraction | Key Considerations | ||| | Initial Stages | High | Instant connection, mutual interest, initial spark | | Mid-Term | Medium | Shared values, goals, emotional support | | Long-Term | Low | Deep understanding, respect, emotional intimacy |

The Importance of Self-Acceptance

It's also crucial to address the role of self-acceptance in maintaining a healthy relationship. The belief that physical attraction is paramount can lead to dissatisfaction if one's partner doesn't meet certain perceived standards. This can negatively impact self-esteem and the overall relationship dynamic. A self-accepting individual fosters a healthy approach to relationships, appreciating and honoring oneself. This mindset leads to fewer superficial demands and stronger emotional connections.

Personal Standards vs. Reality

Often, we set our own idealized standards for physical attractiveness, sometimes based on societal pressures or past experiences. These standards can create unrealistic expectations and, if unmet, lead to dissatisfaction. The crucial step is to acknowledge these standards, but to avoid letting them dictate our choices to the extent of disregarding other vital aspects of the relationship.

Conclusion: Finding Balance

Physical attraction can act as a gateway to potential connection, igniting the initial spark. However, a lasting relationship hinges on something far more substantial: a deep understanding of shared values, goals, and emotional support. A healthy balance between recognizing physical attraction as a motivating factor and prioritizing lasting connection is critical. This is where self-acceptance and realistic expectations play a crucial role. Ultimately, a fulfilling relationship transcends the initial allure and embraces the evolution of a bond built on mutual respect, understanding, and enduring connection.

Advanced FAQs

- 1. How can I accept my own physical standards without letting them dictate a relationship?** Cultivate self-acceptance through self-care, engaging in activities you enjoy, and focusing on your inner worth beyond physical appearance.
- 2. Is it possible to fall in love with someone who isn't physically attractive in the traditional sense?** Absolutely.

Love transcends physical appearance. Emotional connection, shared values, and respect can foster deep bonds regardless of physical attraction. 3. *How does cultural influence affect perceptions of physical attraction?* Cultural norms and media portrayals significantly shape perceptions of beauty. Being mindful of these influences helps to deconstruct these standards and appreciate diverse forms of attractiveness. 4.

What role does personal history play in shaping our perceptions of attraction? Past experiences, both positive and negative, influence our expectations and preferences for partners. Understanding these influences allows for a more balanced and informed perspective. 5. **Can physical attraction re-emerge or evolve within a long-term relationship?** Absolutely. As relationships mature, intimacy and connection can rekindle the spark of physical attraction in surprising ways. Maintaining open communication and prioritising shared experiences can contribute to this evolution.

Is Physical Attraction Important in a Relationship? A Deep Dive

Ah, love. That swirling vortex of emotions, shared laughter, and the occasional argument over who finished the last of the cookies. But amidst all the beautiful complexities of a committed partnership, a question often surfaces, sometimes whispered, sometimes debated vehemently: **is physical attraction important in a relationship?** It's a question that touches on our primal instincts, our societal conditioning, and the very essence of what makes us connect with another

human being on a deep, intimate level.

For many, the initial spark, the undeniable *pull* towards someone, is often rooted in physical appearance. We notice their smile, their eyes, the way they carry themselves. It's the gateway, the appetizer that leads to the main course of emotional connection and shared life. But as relationships mature, does that initial allure fade in importance? Or does it remain a vital, even if sometimes unspoken, component of enduring love? Let's explore this multifaceted topic, delving into the nuances of physical attraction and its true role in building a lasting, fulfilling partnership.

The Initial Spark: The Role of the Physical

Let's be honest, very few people embark on a romantic journey without some degree of initial physical attraction. It's a fundamental aspect of human biology and psychology. Our brains are wired to respond to certain visual cues that, evolutionarily speaking, might have signaled health, fertility, or even desirable traits. This isn't to reduce relationships to a purely biological transaction, but rather to acknowledge that the physical is often the first domino to fall.

Think about it. When you first meet someone you're interested in, what are some of the first things you notice? It's their smile, their hair, their sense of style, their physique. These elements contribute to that initial feeling of intrigue and desire. This initial **physical chemistry** is often the catalyst that encourages us to want to learn more about the person, to

engage in conversation, and to explore the possibility of a deeper connection. Without it, we might simply pass by someone who could have been our soulmate, simply because the initial visual cues didn't register.

This isn't just about conventional beauty standards, either. What one person finds attractive, another might not. It's a deeply personal and subjective experience. This is where the concept of **sexual attraction** comes into play. It's the desire to be close to someone physically, to touch them, to share intimacy. For many romantic relationships, sexual intimacy is a crucial element, and it's undeniably fueled by physical attraction.

Beyond the Surface: The Evolution of Attraction

While physical attraction is often the starting point, it's rarely the sole ingredient for a long-term, healthy relationship. As we spend more time with a partner, getting to know their personality, their values, their sense of humor, and their quirks, our definition of attraction often expands. The physical can become intertwined with so much more.

This is where the concept of **emotional connection** becomes paramount. When you truly connect with someone on an emotional level, you start to see them in a different light. Their physical features might become even more endearing because they are now associated with cherished memories, shared vulnerabilities, and deep understanding. That laugh you initially found attractive might become even more so because

you know the stories behind it. Their eyes might seem more captivating because they reflect kindness and intelligence.

Furthermore, a strong **mental connection** can significantly influence how we perceive physical attraction. If you can have stimulating conversations, share intellectual interests, and feel intellectually compatible, you might find yourself drawn to your partner in ways that transcend superficial looks. This mental synergy can create a powerful bond that reinforces physical attraction. The phrase "they're hot because they're smart" isn't just a cliché; for many, it holds a lot of truth.

Shared values and life goals also play a significant role. When you find someone who aligns with your core beliefs and aspirations, it fosters a sense of unity and purpose. This shared vision can make your partner's physical presence even more appealing, as it represents a shared future and a harmonious journey. It's about seeing your partner as an essential part of your life's tapestry, and that vision enhances everything about them, including their physical appearance.

The Nuances: When Physical Attraction Fades or Changes

It's important to acknowledge that physical attraction isn't static. It can ebb and flow throughout a relationship. Life happens. Stress, illness, aging, and the demands of everyday life can all impact how we perceive ourselves and our partners physically. This is where the true test of a relationship often lies.

If a relationship is solely or heavily reliant on superficial

physical attraction, it can be vulnerable to these changes. However, in relationships built on a foundation of strong emotional, mental, and spiritual connection, the inevitable shifts in physical appearance are often met with understanding and continued affection. You learn to love the person, not just their outward shell.

Long-term attraction often evolves. It might become less about youthful perfection and more about the comfort of familiarity, the shared history etched on their face, or the way their smile still crinkles at the corners when they're genuinely happy. It's about appreciating the entire person, including their physical form, as a vessel for the incredible individual you've come to know and love.

Of course, there are instances where a significant decline in physical attraction can become a genuine issue. If one partner feels a complete lack of desire, it can impact intimacy and satisfaction within the relationship. This often requires open and honest communication, a willingness to explore the reasons behind the shift, and perhaps a joint effort to reignite the spark, both physically and emotionally.

The Verdict: Is Physical Attraction Important? Yes, But...

So, to answer the central question directly: **yes, physical attraction is important in a relationship**. It's a powerful initial driver and a significant contributor to intimacy and desire. It's the sizzle that gets things started and often helps keep the flame alive.

However, it's crucial to understand that its importance is contextual and evolves. A relationship solely built on fleeting physical appeal is likely to be fragile. True, lasting attraction encompasses a much broader spectrum of qualities. It's about the magnetic pull of a whole person – their mind, their heart, their spirit, and yes, their physical presence.

What makes a relationship last isn't just about how hot your partner is on day one. It's about the deep-seated connection you share, the respect you have for each other, the ability to navigate challenges together, and the joy you find in each other's company. Physical attraction is a vital thread in the rich tapestry of a committed relationship, but it's one thread among many, and its true strength lies in its integration with all the other essential elements that bind two people together.

Key Takeaways for a Thriving Relationship:

1. **Embrace the Initial Spark:** Don't discount the importance of initial physical attraction. It's a natural and healthy part of finding a partner.
2. **Nurture Emotional & Mental Connection:** As the relationship grows, prioritize building a strong bond through communication, shared experiences, and mutual understanding.
3. **Appreciate Evolution:** Understand that attraction can change. Focus on appreciating your partner as a whole person, including their evolving physical presence.
4. **Open Communication:** If physical attraction becomes a

concern, engage in honest and loving conversations with your partner.

5. **Holistic Attraction:** Recognize that true, enduring attraction is multi-faceted, encompassing physical, emotional, mental, and spiritual aspects.

Ultimately, a relationship where physical attraction is present and appreciated, but not the **only** factor, is one that has a strong foundation for longevity and happiness. It's about loving the entirety of your partner, the visible and the invisible, the fleeting and the enduring.

Is Physical Attraction Important in a Relationship?

Physical attraction has long been regarded as a powerful force in the formation of romantic relationships, often serving as the first spark that draws people together. From a biological and psychological perspective, evolutionary theories suggest that humans are instinctively drawn to cues that signal health, fertility, and genetic compatibility—features often associated with physical appeal. This initial attraction can set the stage for emotional connection, laying a foundation upon which deeper bonds may develop. Yet, while physical allure certainly plays a role, its significance in sustaining meaningful, lasting partnerships extends far beyond surface-level impressions.

The Dual Nature of Physical Attraction

Physical attraction operates as both an immediate, subconscious trigger and a complex social signal. On one hand, it influences initial sparks—those powerful moments when a glance, smile, or presence creates instant chemistry. This kind of attraction can accelerate the pace of courtship, making the early stages of a relationship feel exhilarating and full of possibility. However, relying solely on physical appearance risks building a relationship on fragile ground. Studies consistently show that while physical chemistry may draw people together, lasting satisfaction often depends on emotional alignment, shared values, and mutual respect. When physical attraction outpaces deeper compatibility, relationships are more vulnerable to strain and decline over time.

Physical attraction also plays a role in shaping perceptions and social dynamics. Facial symmetry, body language, and grooming habits can subtly influence how individuals are viewed, affecting confidence and social engagement. These nonverbal cues contribute to emotional chemistry, enhancing intimacy and trust. Yet, this influence is not uniform—cultural norms, personal experiences, and individual preferences shape what one person finds attractive, underscoring the subjective nature of this dimension. As such, while physical attraction is undeniably present, its weight varies significantly across different relationships and personal contexts.

Balancing Attraction with Emotional Connection

The key to a resilient relationship lies in integrating physical attraction with deeper emotional and intellectual compatibility. Research highlights that couples who cultivate mutual understanding, effective communication, and shared life goals report higher levels of long-term happiness, with physical attraction often enhancing but not determining the strength of the bond. When partners invest in emotional intimacy—through vulnerability, empathy, and consistent support—physical appeal becomes one thread in a broader, more enduring tapestry of connection. This balance allows attraction to serve as a positive foundation rather than a fleeting sensation.

Moreover, evolving societal values increasingly emphasize authenticity and self-acceptance, reducing the pressure to conform to rigid beauty standards. This shift encourages individuals to value inner qualities—kindness, intelligence, humor—more prominently, fostering relationships where attraction is rooted in genuine admiration rather than superficial criteria. As awareness grows, so does the understanding that physical attraction, while meaningful, is most sustainable when nurtured alongside emotional growth and mutual respect.

Looking Ahead: The Future of

Attraction in Relationships

As technology continues to transform how people meet—through dating apps, virtual interactions, and AI-driven platforms—the nature of physical attraction is evolving. While digital profiles often highlight physical features, future trends may emphasize deeper compatibility through shared interests, values, and behavioral patterns revealed through data and interaction. Yet, the human need for physical connection remains fundamental, suggesting that attraction will continue to play a role, albeit expressed in new and nuanced ways.

Ultimately, the importance of physical attraction in a relationship depends less on its presence alone and more on how it integrates with emotional depth, shared purpose, and mutual growth. Recognizing attraction as a valuable but temporary catalyst allows couples to build relationships that are not only compelling at first but resilient over time. In a world where connections are shaped by both instinct and intention, the most fulfilling relationships emerge when both heart and chemistry are honored.

Is Physical Attraction Important in a Relationship? A Deep Dive into the Science and Soul of

Connection

The age-old question, "Is physical attraction important in a relationship?" continues to spark debate, fuel romantic comedies, and shape our understanding of love. While the romantic ideal often emphasizes a profound soul connection, a deep intellectual bond, or shared life goals, the undeniable reality is that the initial spark, the magnetic pull, often stems from the physical. But how much weight does this visual and visceral component truly carry in the long term? Is it a fleeting fancy, a vital ingredient, or something in between? This article will delve into the multifaceted nature of physical attraction, exploring its role from the initial stages of dating to the enduring bonds of committed relationships, backed by psychological insights and real-world observations.

The Biological Imperative: Nature's Blueprint for Attraction

From an evolutionary perspective, physical attraction isn't merely superficial; it's deeply ingrained in our biological programming. Our ancestors relied on visual cues to assess a potential mate's health, fertility, and genetic fitness. While societal norms have evolved, the primal drive for physical compatibility remains a significant factor. This isn't about being a supermodel; it's about identifying traits that signal health and reproductive potential.

Symmetry and Health Indicators

Studies have consistently shown that facial and body

symmetry are often perceived as attractive. This isn't arbitrary; symmetry can be an indicator of good health and a robust immune system. Similarly, clear skin, healthy hair, and a balanced physique can unconsciously signal vitality. These aren't conscious choices we make; they are inherent biological preferences that guide our initial inclinations. When we talk about physical attractiveness, we're often talking about these subtle, subconscious signals of well-being.

The Role of Hormones and Neurotransmitters

The initial rush of attraction is often accompanied by a cocktail of powerful hormones and neurotransmitters. Dopamine, the brain's reward chemical, floods our system, creating feelings of pleasure and excitement. Norepinephrine contributes to the racing heart and heightened senses. Oxytocin, often called the "love hormone," is released during physical intimacy and fosters bonding. These biological responses explain the intense feelings that often accompany early-stage romantic attraction, underscoring the tangible, physiological impact of physical connection.

The Initial Spark: The Foundation of Romantic Pursuits

In the modern dating landscape, physical attraction often serves as the gateway to a relationship. Whether it's swiping right on a dating app or locking eyes across a crowded room, the visual appeal plays a crucial role in initiating contact and sparking further interest. Without this initial draw, many potential connections might never move beyond a fleeting

glance.

Online Dating and the Visual First Impression

The rise of online dating platforms has amplified the importance of physical appearance. Profile pictures are the primary form of introduction, and for better or worse, they often determine whether someone is deemed "dateable." While authenticity is increasingly valued, the visual aspect remains paramount in the initial screening process. This doesn't mean superficiality reigns supreme, but it highlights the undeniable impact of visual presentation in today's digital courtship rituals. The algorithms themselves often prioritize visual engagement, making profile pictures a critical component of online dating success.

The "Chemistry" Factor

Beyond just physical features, there's a nebulous concept often referred to as "chemistry." This intangible quality encompasses how we feel physically around someone - the comfort, the excitement, the ease of touch. It's a complex interplay of visual cues, scent, body language, and an overall sense of energetic alignment. This "chemistry" is a crucial element of early attraction, suggesting that our attraction is more than just a checklist of physical attributes.

Beyond the Surface: The Evolution of Attraction in Long-Term Relationships

While physical attraction might initiate a relationship, its role in

its longevity is far more nuanced. As couples move beyond the honeymoon phase, other factors – emotional intimacy, shared values, intellectual compatibility, and mutual respect – become increasingly vital for sustained connection. However, this doesn't mean physical attraction becomes irrelevant.

The Role of Familiarity and Intimacy

As a relationship deepens, familiarity can breed a different kind of attraction. The physical form of a loved one becomes intimately known and cherished. The comfort and security associated with this familiarity can enhance, rather than diminish, physical appeal. Shared experiences, inside jokes, and a deep understanding of each other's quirks all contribute to a unique form of attraction that transcends mere aesthetics. The intimacy built over time creates a profound physical connection, a sense of belonging that is deeply satisfying.

Maintaining Physical Connection in Committed Relationships

For many couples, maintaining a sense of physical connection is crucial for keeping the spark alive. This doesn't necessarily mean constant grand romantic gestures, but rather small, consistent acts of physical affection – holding hands, hugging, cuddling, and regular intimacy. These acts reinforce the bond and remind partners of their physical attraction to each other. Neglecting this aspect can, over time, lead to a sense of disconnection.

When Physical Attraction Fades: Navigating Challenges

It's a reality that physical appearances change over time. Aging, life events, and health changes can all impact how we look. In long-term relationships, couples who can navigate these changes by focusing on the deeper aspects of their connection are more likely to endure. This involves cultivating admiration for each other's inner qualities, appreciating the journey shared, and prioritizing emotional intimacy. The ability to see beyond superficial changes is a hallmark of mature love.

The Nuances of Physical Attraction: Culture, Individuality, and Preference

It's essential to acknowledge that what is considered physically attractive is not universal. Cultural norms, individual preferences, and personal experiences all shape our perceptions of beauty. What one person finds alluring, another might not. This subjectivity is a critical aspect of understanding the importance of physical attraction.

Cultural Ideals of Beauty

Across different cultures and historical periods, beauty standards have varied dramatically. From the voluptuous figures celebrated in Renaissance art to the slender silhouettes favored in some contemporary fashion industries, societal ideals play a significant role in shaping what we deem attractive. These cultural influences can unconsciously guide our preferences, but they are not immutable dictates of attraction.

Personal Preferences and Limerence

Beyond cultural influences, each individual has unique preferences. We are drawn to certain features, certain energies, and certain ways of being. These personal inclinations can be influenced by past experiences, early attachments, and even random factors. The intense, obsessive feeling of early romantic love, often referred to as limerence, is heavily driven by physical attraction and can sometimes overshadow other important considerations.

Physical Attraction as a Component, Not the Sole Determinant

Ultimately, the answer to "is physical attraction important in a relationship?" is a resounding yes, but with crucial caveats. It is an important component, often the catalyst, and a vital element for sustained connection, but it is rarely the sole determinant of a successful and fulfilling relationship.

The Power of Shared Values and Emotional Connection

While physical attraction can draw people together, it's the shared values, mutual respect, intellectual stimulation, and deep emotional intimacy that often keep them there. A relationship built solely on physical attraction is like a house built on sand – it may look appealing initially, but it lacks the structural integrity to withstand the storms of life. A strong emotional bond provides resilience and a foundation for enduring love.

Finding a Balance: The Ideal Scenario

The ideal scenario in a relationship involves a harmonious blend of physical attraction and deeper compatibility. When partners are both physically drawn to each other and share a strong emotional, intellectual, and spiritual connection, the relationship is more likely to thrive. This balance allows for both passionate romance and lasting companionship. The journey of a relationship often involves the evolution of attraction, where initial physical pull matures into a deeper appreciation for the whole person.

Conclusion: The Enduring Significance of Physical Attraction

Physical attraction is an undeniable force in human relationships. It's a biological imperative, a powerful initial spark, and a crucial element for maintaining intimacy and desire over time. However, its importance is best understood as part of a larger tapestry of connection. While superficiality can be a trap, dismissing the role of physical attraction entirely is to ignore a fundamental aspect of human experience. When physical attraction is coupled with genuine love, respect, and shared life aspirations, it contributes to a relationship that is both passionate and enduring. It's not about the perfection of physical form, but the palpable connection and the desire to be close to another human being. The beauty of a relationship lies in its multifaceted nature, where physical allure plays its vital, though not exclusive, role.

Choosing to explore *Is Physical Attraction Important In A*

Relationship often starts with curiosity. Sometimes the goal is clear, sometimes it is simply a desire to understand something better. Having the option to download the book in PDF format makes that first step easier and less intimidating.

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Over time, the presence of a reliable resource builds confidence. Questions feel more manageable when information is always within reach.

In the end, accessing *Is Physical Attraction Important In A Relationship* in this way supports steady growth. It blends learning into everyday life, allowing understanding to develop gradually and naturally, guided by curiosity rather than pressure.

Questions & Answers About is physical attraction important in a relationship

No	Question	Answer
1	How much weight does physical attraction *really* carry in a long-term relationship?	While initial attraction often sparks a connection, physical attraction is a component, not the sole foundation. In long-term relationships, emotional connection, shared values, communication, and mutual respect tend to become far more significant drivers of lasting satisfaction and intimacy than fleeting physical appeal.
2	Can a relationship survive if one partner's physical attraction fades over time?	Yes, but it requires conscious effort and a shift in focus. If the emotional bond is strong and partners are committed to nurturing the relationship, they can adapt. This often involves prioritizing other forms of attraction, like personality, humor, intelligence, and shared experiences, and communicating openly about evolving needs.

3	Is it 'shallow' to admit physical attraction is important to you in a partner?	Not necessarily. It's human to have preferences. The key is balance. While it's natural to be drawn to someone physically, judging a person solely on their looks or expecting that initial attraction to carry the entire relationship can be problematic. A healthy perspective acknowledges physical attraction as one element among many.
4	What's the difference between physical attraction and genuine chemistry?	Physical attraction is the initial visual or sensory draw. Chemistry is a more complex, dynamic force that includes mental, emotional, and often physical compatibility. It's the feeling of effortless connection, easy conversation, and a spark that goes beyond just looks. You can be physically attracted to someone without having great chemistry, and vice versa.
5	How can couples maintain or rekindle physical attraction if it wanes?	Open communication is vital. Discussing what makes each other feel desired is a good start. Actions like making time for dates, prioritizing intimacy, engaging in shared activities that build connection, and focusing on self-care to boost confidence can all help in maintaining or rekindling physical attraction.

physical attraction role in romantic relationships, how important is physical appeal in love, importance of physical attraction in partnerships, is physical attraction a key relationship factor, the impact of physical attraction on relationship success, physical attraction vs emotional connection in love, why physical chemistry matters in

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