

THE SCIENCE OF HUGGING: Do Good AND Feel Good

One of the many benefits of hugging is that longer hugs have proven physiological benefits. Hugs are good for your immune system, your stress response, your sleep patterns, and so much more. Most people have difficulty remembering the last time someone gave them an all-encompassing hug. The book "*Hug Therapy*" encourages you to change that, one physical or metaphorical embrace at a time. It's a "do good and feel great" book that will help you live more in the moment and stay tuned into what really matters. Author, Dr. Stone Kraushaar, is a clinical psychologist known as The Hug Doctor™. Also the founder of Hug Therapy™, he warmly invites you to jump into the 21-Day Hugging Journey™ and transform your life. Hear what a good hug can do for yourself and for the world around you.

Books will be available for purchase at the event, courtesy of the author.

**TIME:
6:30-7:30 p.m.**

**DATE:
Wednesday, October 23, 2019**

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