



The Little Book of Hugs

By Lois Blyth, Sarah Sutton

CICO Books. Hardback. Book Condition: new. BRAND NEW, The Little Book of Hugs, Lois Blyth, Sarah Sutton, This inspirational and uplifting collection of quotes and stories is a celebration of hugs in all their guises. A hug is one of the most basic ways two (or more) human beings touch. There is power in a hug. A hug can break down barriers that sometimes words cannot do. At times, it can speak more than any words can say. We bond with a hug. We find comfort with a hug. We greet and separate from each other with a hug. We establish human contact and interaction with a hug. The beauty of a hug is in its simplicity. The gesture towards another human being, known or unknown, is easy. It costs nothing but is a simple act of caring and kindness. The Little Book of Hugs looks at all aspects of hugging, from stress-reducing health benefits to hugging etiquette, different hugs for different occasions, hugging quotes and anecdotes, and information about the hugging "community". This beautifully illustrated book has been created as a gift that is a joy to give as well as receive and will enrich the life of whoever...



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Reviews

It is an incredible publication i actually have actually go through. I really could comprehended everything out of this composed e pdf. Its been designed in an exceedingly simple way and is particularly just following i finished reading this publication where actually changed me, alter the way i think.

-- Prof. Colton Jakubowski IV

The most effective publication i ever go through. It really is written in simple phrases and not hard to understand. I am just easily will get a satisfaction of looking at a written publication.

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