[Read now] Hug Therapy 2

Hug Therapy 2

Kathleen Keating
**Download PDF | ePub | DOC | audiobook | ebooks*

DOWNLOAD READ ONLINE

#1724810 in Books 1987-10Original language:EnglishPDF # 1 6.25 x 5.25 x .25l, #File Name: 089638130784 pages | File size: 27.Mb

Kathleen Keating : Hug Therapy 2 before purchasing it in order to gage whether or not it would be worth my time, and all praised Hug Therapy 2:

0 of 0 people found the following review helpful. Great Little Book about HuggingBy Tom LaganaThis is a great little book. I enjoying hugging someone who wants one and give out lots of hug coupons. Many times, people will ask for a really hug instead.Serving Productive Time: Stories, Poems, and Tips to Inspire Positive Change from Inmates, Prison Staff, and VolunteersChicken Soup for the Prisoner's Soul: 101 Stories to Open the Heart and Rekindle the Spirit of Hope, Healing and Forgiveness (Chicken Soup for the Soul)Serving Time, Serving Others: Acts of Kindness by Inmates, Prison Staff, Victims, and VolunteersChicken Soup for the Volunteer's Soul: Stories to Celebrate the Spirit of Courage, Caring and Community0 of 8 people found the following review helpful. Not Everybody Embraces This MethodBy BeatleBangs1964While in most cases, hugs are viewed as positive, there is the very real issue of those who neither like nor want hugs. Forcing people to put up with hugs does not endear them to this; it is just another way of disregarding their needs. Another problem with forcing people to endure hugs it that it only meets the hugger's need. It is also a blatant disregard for the feelings and needs of those who don't want to be hugged in the first place. However, hugs CAN be wonderful if the parties involved are comfortable with each other, like and want this. There are benefits to hugging, and this book does outline them well, but there is also the flip side of the coin which is very rarely discussed.Hugging is NOT a panacea for all ills. This review is NOT to discount the very real benefits hugging has in many cases, but to address the needs of those who feel differently. How unfortunate that something that has traditionally been perceived as loving and positive can be misapplied into something unnatural and forced.There are

many reasons why there are people who are uncomfortable with and/or dislike hugs. For example, there are some cultures where privacy is encouraged and people are not overly demonstrative. In the cases of many individuals with autism, hugging can be highly unpleasant due to a) onslaught of sensory input and b) it can feel very restrictive. In some one case, a child actually hid from a relative who would sweep down on children with loud displays of affection. From the child's perspective, the hugger looked like a potential attacker and was just too loud. Aversion for hugs is not limited to the shy and autistic population. Not EVERYBODY is demonstrative. Other conditions can also factor into this: being forced to hug and/or endure hugs from people one does not like or know; being told to hug someone "on cue." That makes for a very unnatural response/behavior indeed.Again, hugging is something that is often one-sided: it meets the hugger's need only and does not address the very real issue of people who don't want hugs under any conditions. I didn't like the bear costumes and felt that undermined the premise of the book. I also didn't like the assumption that when someone initially turns down a hug, they will eventually cave in and go along with it. Donna Williams does a superb job of addressing this very issue in her book, "Autism: An Inside-Out Approach." She outlines the problems that this method CAN have and why it is really not a sure-cure for everybody.

The hug is one of the most common human signs of love and affection, along with kissing. Hug Therapy 2 continues what The Hug Therapy Book started, continuing to help people heal and grow by demonstraiting different types of hugs. Phychotherapist Kathleen Keating shows why all kinds of hugs have positve results on people.