



# The Hug Therapy Book

*Kathleen Keating*

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# The Hug Therapy Book

*Kathleen Keating*

## **The Hug Therapy Book** Kathleen Keating

Relax, raise your arms, place them around the person in front of you and squeeze gently. But, no bear hugs, please. Kathleen Keating and Mimi Noland combine their talents to show how and why all kinds of hugs have positive results on IQ, aging, self-esteem, and stress. Simple line art drawings of charismatic cartoon bears lend a whimsical touch to book guaranteed to touch your heart. A great gift idea for someone who needs a hug. A beary, beary uplifting book.

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