



The Art of Hugging: The World-Famous Kissing Coach Offers Inspiration and Advice on Why, Where, and How to Hug

William Cane

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Whether it's a simple squeeze between old friends, a heartfelt bear hug for a child, or the tentative first embrace of love, there's much more to hugging than most people realize. In *The Art of Hugging*, lovers, friends, and family will find all the insights they need to add tenderness, technical know-how, and variety to every conceivable type of hug—from the platonic to the more-than-just-friendly. *The Art of Hugging* teaches huggers and hugges alike:

- Why hugs are good for your health and well-being
- Hugging preferences of men and women (they're not the same!)
- How to "read" the kind of hug your lover wants
- Easy ways to become more huggable
- How to ask for a hug
- What are the most romantic places and times to hug

From side-by-side hugs to group hugs, bereavement hugs, good-bye and good-night hugs, to you've had-a-bad-day hugs, this collection will both inspire and enlighten. Snugglers everywhere will warm to this cheerful, charming compendium of one of the world's most pleasant pastimes.

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