

This Is My Brain On Hugs

Attaboy

Your Brain Needs a Hug Rae Earl, 2019-08-13 Imbued with a sense of humor, understanding, and hope, *Your Brain Needs a Hug* is a judgment-free guide for living well with your mind. My Mad Fat Diary author Rae Earl offers her personalized advice on the A to Zs of mental health, social media, family and friendship. When she was a teenager, Rae dealt with OCD, anxiety, and an eating disorder, but she survived, and she thrived. *Your Brain Needs a Hug* is filled with her friendly advice, coping strategies and laugh-out-loud moments to get you through the difficult days. Witty, honest, and enlightening, this is the perfect read for feeling happier and healthier and learning to navigate life without feeling overwhelmed or isolated. An Imprint Book “A validating, hopeful, and practical guide to mental health... heartfelt and honest... Teens struggling with mental illness will find comfort and valuable information in this superlative guide. —Kirkus Reviews, starred review “Perceptive and accessible.” —Publishers Weekly

Will Ladybug Hug? Hilary Leung, 2018-10-30 You loved *Will Bear Share?* and *Will Sheep Sleep?*, now get to know Ladybug in a hilarious new high-fiving and hugging-themed addition to creator Hilary Leung's animal books! One ladybug. Many friends. One timeless question: Will Ladybug Hug? Meet Ladybug. Ladybug loves to hug! Now Ladybug is getting ready to go on a trip and wants to say good-bye to her friends. . . but will her friends want to receive a hug? Find out in this surprising and memorable storybook all about friendship, high-fives, consent, and of course, hugs. A fresh and funny new book in creative talent Hilary Leung's series of animal question stories all about preschool milestone moments. Let Ladybug and her friends laugh, high-five, and hug their way to your heart!

Hug Me (Bb) Simona Ciraolo, 2024-02-06 An endearing tale of friendship, beautifully illustrated with buoyant wit and the perfect story to share, now available in board book format. Ever feel like you need a hug, a really big hug from someone? That's how Felipe the little cactus feels, but his family can be pretty prickly . . . So one day Felipe sets off to find a friend and, just maybe. that long awaited hug.

Don't Hug Doug Carrie Finison, 2021-01-26 Meet Doug, an ordinary kid who doesn't like hugs, in this fun and exuberant story which aims to spark discussions about bodily autonomy and consent—from author Carrie Finison and the #1 New York Times bestselling illustrator of *The World Needs More Purple People*, Daniel Wiseman. Doug doesn't like hugs. He thinks hugs are too squeezey, too squashy, too squooshy, too smooshy. He doesn't like hello hugs or goodbye hugs, game-winning

home run hugs or dropped ice cream cone hugs, and he definitely doesn't like birthday hugs. He'd much rather give a high five--or a low five, a side five, a double five, or a spinny five. Yup, some people love hugs; other people don't. So how can you tell if someone likes hugs or not? There's only one way to find out: Ask! Because everybody gets to decide for themselves whether they want a hug or not.

Sun Kisses, Moon Hugs Susan Schaefer Bernardo,2017-12-15 In this engaging picture book, children learn that love lasts forever, even when loved ones can't be physically present. Captivating illustrations and lyrical language pack a simple but powerful message: love can be given and received through nature. The book is intended for all children but is especially healing for children coping with separation anxiety, grief, loss or divorce.

It's Not Always Depression Hilary Jacobs Hendel,2018-02-06 Fascinating patient stories and dynamic exercises help you connect to healing emotions, ease anxiety and depression, and discover your authentic self. Sara suffered a debilitating fear of asserting herself. Spencer experienced crippling social anxiety. Bonnie was shut down, disconnected from her feelings. These patients all came to psychotherapist Hilary Jacobs Hendel seeking treatment for depression, but in fact none of them were chemically depressed. Rather, Jacobs Hendel found that they'd all experienced traumas in their youth that caused them to put up emotional defenses that masqueraded as symptoms of depression. Jacobs Hendel led these patients and others toward lives newly capable of joy and fulfillment through an empathic and effective therapeutic approach that draws on the latest science about the healing power of our emotions. Whereas conventional therapy encourages patients to talk through past events that may trigger anxiety and depression, accelerated experiential dynamic psychotherapy (AEDP), the method practiced by Jacobs Hendel and pioneered by Diana Fosha, PhD, teaches us to identify the defenses and inhibitory emotions (shame, guilt, and anxiety) that block core emotions (anger, sadness, fear, disgust, joy, excitement, and sexual excitement). Fully experiencing core emotions allows us to enter an openhearted state where we are calm, curious, connected, compassionate, confident, courageous, and clear. In *It's Not Always Depression*, Jacobs Hendel shares a unique and pragmatic tool called the Change Triangle—a guide to carry you from a place of disconnection back to your true self. In these pages, she teaches lay readers and helping professionals alike • why all emotions—even the most painful—have value. • how to identify emotions and the defenses we put up against them. • how to get to the root of anxiety—the most common mental illness of our time. • how to have compassion for the child you were and the adult you are. Jacobs Hendel provides navigational tools, body and thought exercises, candid personal anecdotes, and profound insights gleaned from her patients' remarkable breakthroughs. She shows us how to work the Change Triangle in our everyday lives and chart a deeply personal, powerful, and hopeful course to psychological well-being and emotional engagement.

The Hug Eoin McLaughlin,2019-01-01 A beautiful, heartwarming picture book with all the universal appeal of *Guess How Much I Love You*. Hedgehog was feeling sad. As sad as a hedgehog can feel. So sad only one thing could help . . . Tortoise

was feeling sad. As sad as a tortoise can feel. So sad only one thing could help . . . In this clever flipbook, both a hedgehog and a tortoise are looking for a hug. They ask all the other animals they come across but for some reason no one will hug them. Until a wise owl explains: Hedgehog is too spiky; Tortoise is too bony. And that's when they find each other! 'Feels like being enveloped in your very own hug.' Kirkus 'A smashing story time tale.' Books for Keeps 'It's utterly lovely. It makes her face light up every time she hears it.' The Guardian Best Books of 2019

Captains of Leadership Alwin Put, 2021-10-28 Another two-hour brainstorm with your team, and you are left feeling drained: nothing really useful came out of it. It feels like a waste of time. Why is it that so many meetings are not effective? We need to start working with a type of leadership that empowers from the bottom up instead of top-down: facilitation. In Captains of Leadership you will learn the secrets of facilitative leadership, which will allow you to bring co-creation to another level. No more wasting time during team meetings, learn how to make every shared moment count. Alwin Put outlines a three-part approach in which he explains how to get the best and most out of people by working together. This book is your guide to become a facilitative leader, in other words: a Captain of Leadership. The three parts discuss (1) why it is worth the effort to develop yourself as a facilitator, (2) how to learn to work with the holy trinity of facilitation (guide, conduct and catalyse), and (3) how to keep the right frame of mind and a high energy level to get the most out of your crew. Captains of Leadership combines elements of business, creativity and self-awareness. It is an essential tool for anyone who believes in co-creation. It is both hands-on and inspiring. Become a Captain of Leadership: with facilitation, anyone can step up and be a leader.

Confident Parents, Confident Kids Jennifer S. Miller, 2019-11-05 Confident Parents, Confident Kids lays out an approach for helping parents—and the kids they love—hone their emotional intelligence so that they can make wise choices, connect and communicate well with others (even when patience is thin), and become socially conscious and confident human beings. How do we raise a happy, confident kid? And how can we be confident that our parenting is preparing our child for success? Our confidence develops from understanding and having a mastery over our emotions (aka emotional intelligence)—and helping our children do the same. Like learning to play a musical instrument, we can fine-tune our ability to skillfully react to those crazy, wonderful, big feelings that naturally arise from our child's constant growth and changes, moving from chaos to harmony. We want our children to trust that they can conquer any challenge with hard work and persistence; that they can love boundlessly; that they will find their unique sense of purpose; and they will act wisely in a complex world. This book shows you how. With author and educator Jennifer Miller as your supportive guide, you'll learn: the lies we've been told about emotions, how they shape our choices, and how we can reshape our parenting decisions in better alignment with our deepest values. how to identify the temperaments your child was born with so you can support those tendencies rather than fight them. how to align your biggest hopes and dreams for your kids with specific skills that can be

practiced, along with new research to support those powerful connections. about each age and stage your child goes through and the range of learning opportunities available. how to identify and manage those big emotions (that only the parenting process can bring out in us!) and how to model emotional intelligence for your children. how to deal with the emotions and influences of your choir—the many outside individuals and communities who directly impact your child’s life, including school, the digital world, extended family, neighbors, and friends. Raising confident, centered, happy kids—while feeling the same way about yourself—is possible with Confident Parents, Confident Kids.

The Book of Hugs Attaboy,2014-12-15 Have you been hugging wrong the entire time? Or perhaps you just hug to smell someone's coconut shampoo? Are you a mismatched hugger? Have you ever done a Lean and Pat Hug'? Are you an over-compensating hugger? Or maybe you suffer from the 'Fear of Commitment' hug. Find out in The Book of Hugs and learn who and how to hug and when and who not to hug. Also includes a guide to the equipment for hugging. After reading this, you'll never hug the same again. Illustrated throughout.'

I'm Going to Give You a Bear Hug! Caroline B. Cooney,2016-12-27 I'm Going to Give You a Bear Hug!, written by bestselling author Caroline B. Cooney and illustrated by Tim Warnes, is a playful and comforting bedtime book that helps your child imagine all the wonderful and silly ways someone might give and receive a hug. And the lively text and illustrations show the special connection between a parent and a child. I'm Going to Give You a Bear Hug!: Has sweet, whimsical rhymes that encourage playful interaction between a caretaker and child Helps kids 4-8 wind down and drift off to sleep Features all the ways kids love to snuggle with the ones they love with humor and whimsy Celebrates the special bond parents, grandparents, and loved ones have with the children in their lives Is perfect for bedtime and lap reading, as well as a gift for birthdays, Valentine's Day, Easter, and Christmas Whether it's a big bear, gasp for air, knock over a chair hug or a wet and drippy, slimy, slippery fish hug, children will giggle their way through all the imaginative examples of hugs we can give and receive. If you enjoy I'm Going to Give You a Bear Hug!, be sure to check out I'm Going to Give You a Polar Bear Hug! for more hugging fun!

The Healthy Brain Book William Sears,Vincent M. Fortanasce,2020-04-21 Internationally renowned family doctor William Sears and noted neurologist Vincent M. Fortanasce present an accessible, all-ages guide to optimum brain health, from treating depression, anxiety, and ADHD to preventing Alzheimer's and dementia, with or without medication The brain is a complex organ, responsible for our thoughts, our feelings, our hopes and dreams. It's also vulnerable to a host of ailments that negatively impact quality of life, from disorders such as depression, anxiety, and ADHD that can strike at any time to illnesses of aging like Alzheimer's and dementia. The good news is, this diverse set of mental and emotional challenges all stem from the same cause: imbalance in the brain. And getting your brain back in balance—without medication, or in partnership with it—is easier than you think. Whether you're experiencing normal mental and emotional

burnout or wrestling with diagnosed illness, *The Healthy Brain Book* can help you thrive. It explains: How what we think can change how well we think The role of inflammation in the brain, and how food and activity can reverse it What drugs enhance and suppress the brain's ability to heal itself Actionable advice to improve your memory, promote learning, and prevent common brain ailments How to personalize the book's tools for your unique brain For more than 20 years, *The Baby Book* author William Sears' advice has been trusted by millions across the country, and around the world. Now, he and *The Anti-Alzheimer's Prescription* author Vincent M. Fortanasce have put together the essential guide to a clearer, calmer, and happier brain. Laced with relatable personal stories from family members and patients as well as detailed illustrations, *The Healthy Brain Book* weds Fortanasce's deep neurological and psychiatric expertise with Sears' sympathetic bedside manner and reader-friendly writing. Let *The Healthy Brain Book* help you, safely and effectively, think-change your brain for a happier and healthier life.

The Big Book of Hugs Nick Ortner, Alison Taylor, 2016-01-21 Barkley the Bear is now ready to continue his family's business, which involves taking care of everyone in the forest. What a job! Barkley worries that he will not be able to provide the care necessary for everyone, but he soon finds out how easy it is to help others, and how much you can get in return. New York Times best-selling author Nick Ortner, along with Alison Taylor, take you on a memorable journey of what's most important in life: Kindness, hugs, and a little bit of work.

Hug Jez Alborough, 2020-05 Celebrate 20 years of Bobo and his friends in this special anniversary edition of the much-loved family favourite! Ever feel like you need a hug? A really big hug from someone who loves you? That's how Bobo, the little chimp in this classic first story book, feels. Walking through the jungle he passes lots of creatures enjoying a cuddle together: elephants, chameleons, lions, giraffes, hippos - even the snakes have got someone special to squeeze. But poor Bobo is alone. Will he ever find the hug he needs? Using only three words throughout the book, this simple, endearing story is told through Jez Alborough's gorgeous, detailed artwork.

You Are Not a Rock Mark Freeman, 2018-09-04 Mental health is . . . being yourself. A prescriptive and positive guide, illustrated with line drawings, making the case that mental well-being, like physical health, can be strengthened over time and with specific techniques We all want to feel less anxiety, guilt, anger and sadness. We want to obsess less and be less lonely, free ourselves from our demons, compulsive habits, and stress. But as humans (unlike rocks) we experience all of these. And paradoxically, trying to avoid and control them only makes things worse. Having struggled with serious mental illness for many years himself, Mark Freeman has become a dedicated mental-health advocate and coach. He makes the case that instead of trying to feel less and avoid pain and stress, we need to build emotional fitness, especially our capacity for strength, balance and focus. With wit, compassion, and depth of experience and anecdotes, he shows that we can recover from many mental disorders, from mild to very serious, at all ages and stages of life, and even if other methods have failed.

Freeman's innovative approach makes use of a range of therapeutic techniques, mindfulness training, peer support, humor, and common sense.

Wave Archive Emmalea Russo,2019 Is it possible to archive the invisible symptoms of an illness? Is the archive emotional? Emmalea Russo's *Wave Archive* moves between essay and poetry while also pondering the mind-body connection and the unreliability of thought patterns and histories. Here, Russo invokes her own experiences with seizures, photographs and art-making, archival and indexical processes, brain waves, and the very personal need to document and store while simultaneously questioning the reliability of memory and language. Drawing upon the history of epilepsy in both ancient and modern brain treatments, *Wave Archive* disrupts and restores the archive over and over again, exploring the very edges of consciousness. Praise for *Wave Archive*: Plumbing a myriad of archives both personal and historical, Emmalea Russo's *Wave Archive* is an exploratory foray into the nature of the author's living with and attending to epilepsy. The book is as various and hard to pin down as the condition it explores: part catalogue of the mind and its internal and external functioning; part meditation on the process of artistic creation; part disjunctive lyric essay; part poetic reckoning with the language of Owsei Temkin's 1945 history of epilepsy, *The Falling Sickness*; and part inscrutable literary alchemy all its own, an attempt to 'touch the space between interior and exterior.' The thinking throughout is restless, resists pat conclusions, revels in movement. 'It is raw material / but it shouldn't look like / raw material to be used / it should look already activated / but also, at the same time, sleepy.' Following her own alchemical logic, Russo has forged an intrepid compartment, 'an archive for the changes of the waves of the brain.' This archive is wild.? --Daniel Owen, author of *Restaurant Samsara* This beautiful book moves in a way I've never before experienced, transforming the reader through its pages. *Wave Archive* seeks to articulate the incomprehensible, invisible processes of epilepsy, of art-making, of how we categorize the world, suggesting these forces are connected in dazzling ways we've yet to comprehend. It is ambitious, pleasurable, and startlingly original. --Kate Durbin, author of *E!* Entertainment

How to Build a Hug Amy Guglielmo, Jacqueline Tourville,2018-08-28 Amy Guglielmo, Jacqueline Tourville, and Giselle Potter come together to tell the inspiring story of autism advocate Dr. Temple Grandin and her brilliant invention: the hug machine. As a young girl, Temple Grandin loved folding paper kites, making obstacle courses, and building lean-tos. But she really didn't like hugs. Temple wanted to be held—but to her, hugs felt like being stuffed inside the scratchiest sock in the world; like a tidal wave of dentist drills, sandpaper, and awful cologne, coming at her all at once. Would she ever get to enjoy the comfort of a hug? Then one day, Temple had an idea. If she couldn't receive a hug, she would make one...she would build a hug machine!

Mama's Last Hug: Animal Emotions and What They Tell Us about Ourselves Frans de Waal,2019-03-12 A New York Times Bestseller and winner of the PEN / E. O. Wilson Literary Science Writing Award Game-changing. —Sy Montgomery, New

York Times Book Review *Mama's Last Hug* is a fascinating exploration of the rich emotional lives of animals, beginning with Mama, a chimpanzee matriarch who formed a deep bond with biologist Jan van Hooff. Her story and others like it—from dogs “adopting” the injuries of their companions, to rats helping fellow rats in distress, to elephants revisiting the bones of their loved ones—show that humans are not the only species with the capacity for love, hate, fear, shame, guilt, joy, disgust, and empathy. Frans de Waal opens our hearts and minds to the many ways in which humans and other animals are connected.

A Hug For You David King, 2021-11-04 IRISH BOOK AWARDS' CHILDREN'S BOOK OF THE YEAR 2021 Nothing warms us up quite like a hug, but what can we do when we can't be together? This is the story of a new hug's adventure and the boy who shared it with the world. Adam King stole the hearts of the nation when he introduced us to his Virtual Hug, a heart-shaped sign he carried during the COVID-19 pandemic to help him stay connected to his teacher while he was learning from home. He also took it to his regular hospital appointments to show his doctors, nurses, and care staff that he was still giving them a hug, just in a different way. This picture book, inspired by true events, tells the story of one little boy with a big idea that came straight from the heart. The virtual hug makes its way onto mugs, postage stamps and even all the way to outer space, spreading warmth and connection to people all over the world. _____ 'A gorgeous, moving book' Irish Times 'A genuine ray of light' 2FM Breakfast

The Art of Hugging Brainard Carey, Delia Carey, 2012-05-01 Do you want a hug? It's free! The Free Hug movement has been taking the world by storm since it first started over a decade ago. Conceptual artists and husband-and-wife team Delia and Brainard Carey have exhibited all over the world—now they're ready to break down one of the world's simplest and most powerful gestures. From the story of the hugging saint and a history of hugging's viral video movement to advice on how to use your own hug movement to support charitable causes, *The Art of Hugging* is your complete guide to health, happiness, and changing the world.

Embark on a transformative journey with *Explore the World with* is captivating work, Discover the Magic in **This Is My Brain On Hugs** . This enlightening ebook, available for download in a convenient PDF format , invites you to explore a world of boundless knowledge. Unleash your intellectual curiosity and discover the power of words as you dive into this riveting creation. Download now and elevate your reading experience to new heights .

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