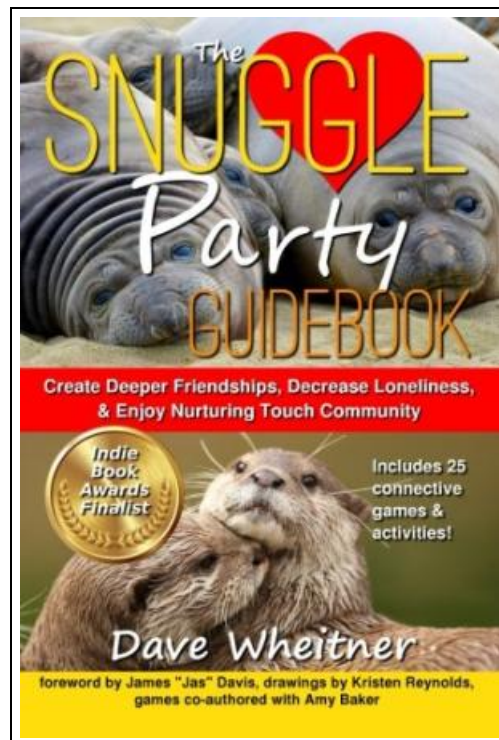


The Snuggle Party Guidebook: Create Deeper Friendships, Decrease Loneliness, Enjoy Nurturing Touch Community (Paperback)



Filesize: 6.41 MB

Reviews

An extremely great ebook with lucid and perfect explanations. It is full of knowledge and wisdom Its been printed in an exceedingly straightforward way in fact it is merely right after i finished reading through this publication by which really transformed me, alter the way i believe.

(Spencer Fritsch)

THE SNUGGLE PARTY GUIDEBOOK: CREATE DEEPER FRIENDSHIPS, DECREASE LONELINESS, ENJOY NURTURING TOUCH COMMUNITY (PAPERBACK)



Divergent Drummer Publications, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.2015 Indie Book Awards Finalist, Relationships. In just a few weeks, you can be hosting platonic touch-positive events, enjoying warmer friendships, creating a supportive tribe, and resonating with others on a deeper heartfelt level. Packed with knowledge of experts from a long-established snuggling community, this book gives you all the tools to spark change: * an explanation of snuggle parties and how they can change lives * 25 touch-positive games and activities to introduce others to snuggling * snuggle party rules * identification of internal barriers to enjoying physical affection * tips on attracting other snugglers, even if you're a bit shy * ideas for creating a safe, comfortable cuddle environment * tips on sexuality, gender, couples, dating, and cultural diversity * pointers on self-care and getting support, such as money and volunteers * strategies for managing social and emotional dynamics * ways platonic cuddling can complement and enhance romantic relationships * This book has much to offer for anyone who desires more physical affection and intimacy. It may be especially powerful for: those grieving loss of a partner due to divorce or death, those in addictions recovery who want to abstain from romantic and sexual relationships, young adults who crave more touch but aren't ready for a romantic relationship, partners separated due to military service, people seeking support following a geographic relocation, individuals in residential care settings, and those considering careers in the growing field of professional snuggling and cuddling.



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