



Touch: The Power of Human Connection

Samantha Hess

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Technology allows us to communicate across vast distances but something is lost in translation. Busy lives result in neglected relationships and patterns of behavior that discourage intimacy. *Touch: The Power of Human Connection* illustrates 19 positions designed to bring you closer to the people you value and achieve true fulfillment. More importantly, *Touch* reveals the science behind cuddling and why it is such a fundamental need. While no book guarantees happiness, *Touch* comes awfully close. This book shows you how to improve your health, boost your personal energy, strengthen your relationships, satisfy your partner and approach life with confidence. Samantha Hess created a work of astonishing power and grace.

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