

A HUG IS BETTER THAN ALL THE THEOLOGY IN THE WORLD

Indications:

- ◆ Relief of Tension
- ◆ Combat Depression
- ◆ Reduce Stress
- ◆ Improve Circulation
- ◆ Invigorate
- ◆ Rejuvenate
- ◆ Elevate Self Image
- ◆ Generate Good Will
- ◆ Overcome fear
- ◆ Bring Joy
- ◆ Maintain Health
- ◆ Relieve Pain
- ◆ Boost immunological System
- ◆ Reduce Blood Pressure
- ◆ Increase levels of Oxytocin



WARNING: MAY BE HABIT FORMING

Hugging is practically perfect because there is:

- ◆ no parts requiring oil
- ◆ no batteries to wear out
- ◆ no periodic check-ups
- ◆ low energy consumption
- ◆ high-energy yield
- ◆ inflation proof
- ◆ non-fattening
- ◆ no monthly payments
- ◆ no insurance requirements
- ◆ no training

You could define a hug as a universal form of physical intimacy in which two people place their arms around the neck, back, or waist of one another and hold each other closely. When you have involvement with more than two people, this is called a group hug. This is a great form of nonverbal communication. Depending on the culture, the context, and the relationship, a hug can indicate familiarity, love, affection, friendship, or sympathy.

A hug can compensate for lack of words and can represent an indication of support, comfort, and consolation. It is usually a demonstration of affection and emotional warmth especially arising out of joy or happiness or seeing someone that you have not

seen for a long time. The length of a hug in almost all situations is socially and culturally determined. A hug can be practiced publicly and privately without stigma in many countries, religions and cultures, within families, and also across age and gender lines generally as an indication that people are familiar with each other. When you move from a handshake or touch-free relationship to a hug relationship this is usually a sign of a new friendship.

A hug is a huge way of sealing a relationship that previously involved unforgiveness.

Godly blessings,

Phil Goldfedder