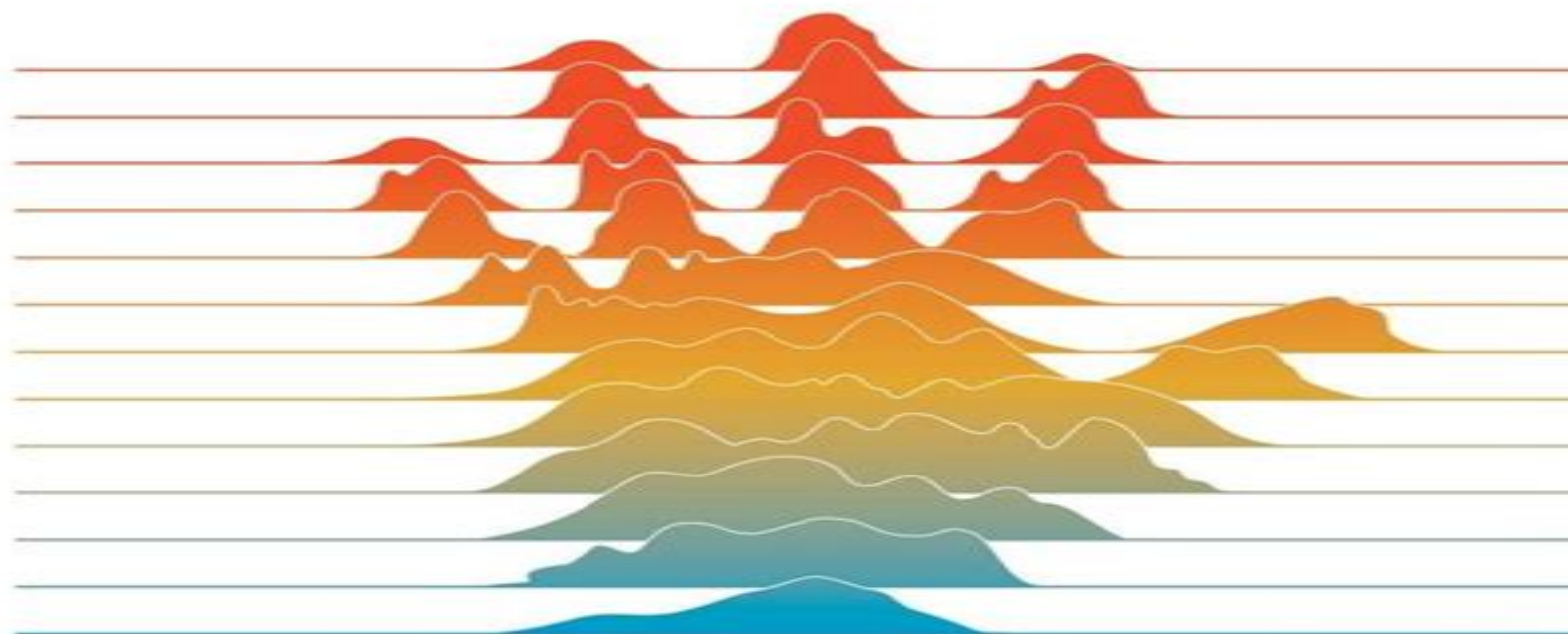




Touch

THE SCIENCE OF THE HAND, HEART, AND MIND



David J. Linden

Author of the *New York Times* bestseller *The Compass of Pleasure*

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Touch The Science Of Hand Heart And Mind:

Touch David Linden,2015-01 Why can t we tickle ourselves Why do footballers who hug score more goals Why does holding a hot coffee make us feel more positively about people Touch is the sense that make us human It defines our experiences shapes our sense of self and bonds us together This riveting book from acclaimed neuroscientist David J Linden is full of revelations about the biology and psychology of touch It will make you see the world differently and feel the world differently too Touch David J. Linden,2015-01-29 Touch by David J Linden The astonishing secrets of our senses and how to harness them to change your personal and professional life Why can t we tickle ourselves Why do footballers who hug score more goals Why does holding a hot coffee make us feel more positively about people Touch is the sense that makes us human It defines our experiences shapes our sense of self and bonds us together It is the first sense to start working in utero If you are deprived of the sense of sight or hearing from birth you will still be able to live a rich and fruitful life But depriving a baby of the sense of social touch has dramatic consequences if they are not regularly touched and cared for they will develop higher lifelong levels of stress their personality will be more fearful and they will be less likely to explore the world In Touch renowned neuroscientist David J Linden shows how this overlooked sense actually shapes all our lives Blending surprising stories and cutting edge research on pleasure and pain he takes us on a mesmerizing journey into our senses From why brushing fingers with a waiter will make you leave a larger tip to why choosing a warm drink in a job interview improves your chances Touch is full of astonishing discoveries Reading it will change how you see and touch the world It will be enjoyed by readers of Quiet by Susan Cain Thinking Fast and Slow by Daniel Kahneman and This is Your Brain on Music by Daniel Levitin David J Linden is a professor of neuroscience at the Johns Hopkins University School of Medicine in the USA The award winning author of The Accidental Mind and The Compass of Pleasure he served for many years as the chief editor of the Journal of Neurophysiology He lives in Baltimore Maryland with his two children *Touch* David J. Linden,2016-01-26 The New York Times bestselling author of The Compass of Pleasure examines how our sense of touch is interconnected with our emotions Dual function receptors in our skin make mint feel cool and chili peppers hot **Touch** David J. Linden,2015 Examines how the interface between our sense of touch and our emotional responses affects our social interactions as well as our general health and development exploring scientific advances in the understanding of touch that help explain our sense of self and our experience of the world From skin to nerves to brain the organization of the body s touch circuits powerfully influences our lives affecting everything from consumer choice to sexual intercourse tool use to the origins of language chronic pain to healing **Touch in Child Counseling and Play Therapy** Janet A. Courtney,Robert D. Nolan,2017-02-24 Touch in Child Counseling and Play Therapy explores the professional and legal boundaries around physical contact in therapy and offers best practice guidelines from a variety of perspectives Chapters address issues around appropriate and sensitive therapist initiated touch therapeutic approaches that use touch as an intervention in child treatment and both

positive and challenging forms of touch that are initiated by children In these pages professionals and students alike will find valuable information on ways to address potential ethical dilemmas including defining boundaries working with parents and guardians documentation consent forms cultural considerations countertransference and much more The Compass of Pleasure David J. Linden, 2011-04-14 A leading brain scientist's look at the neurobiology of pleasure and how pleasures can become addictions Whether eating taking drugs engaging in sex or doing good deeds the pursuit of pleasure is a central drive of the human animal In *The Compass of Pleasure* Johns Hopkins neuroscientist David J Linden explains how pleasure affects us at the most fundamental level in our brain As he did in his award winning book *The Accidental Mind* Linden combines cutting edge science with entertaining anecdotes to illuminate the source of the behaviors that can lead us to ecstasy but that can easily become compulsive Why are drugs like nicotine and heroin addictive while LSD is not Why has the search for safe appetite suppressants been such a disappointment *The Compass of Pleasure* concludes with a provocative consideration of pleasure in the future when it may be possible to activate our pleasure circuits at will and in entirely novel patterns *Happy by Design* Ben Channon, 2019-07-15 Can good design truly make us happier Given that we spend over 80% of our time in buildings shouldn't we have a better understanding of how they make us feel This book explores the ways in which buildings spaces and cities affect our moods It reveals how architecture and design can make us happy and support mental health and explains how poor design can have the opposite effect Presented through a series of easy to understand design tips and accompanied by beautiful diagrams and illustrations *Happy by Design* is a fantastic resource for architects designers and students or for anybody who would like to better understand the relationship between buildings and happiness

The Touch Taboo in Psychotherapy and Everyday Life Tamar Swade, 2020-06-03 Touch has been a taboo in mainstream Western talking therapies since their inception This book examines the effects on us of touch and of touch deprivation what we feel when we are touched what it means to us and the fact that some individuals and cultures are more tactile than others The author traces the development and perpetuation of the touch taboo puts forward counterarguments to it outlines criteria for the safe and effective use of touch in therapy and suggests ways of dismantling the touch taboo should we wish to do so Through moving interviews with clients who have experienced life changing benefits of physical contact at the hands of their therapists the place of touch in therapy practice is re evaluated and the therapy profession urged to re examine its attitudes towards this important therapeutic tool This book will be essential reading for therapists counsellors social workers

educators health professionals and for any general reader interested in the crucial issue of touch in everyday life **The Lucky Years** David B. Agus, 2016-01-05 If you buy just one health book this year then get *The Lucky Years* Howard Stern In this groundbreaking guide bestselling author David Agus shows how we can take control of our health like never before in the brave new world of medicine In his first bestseller *The End of Illness* David Agus revealed how to add vibrant years to your life by knowing the real facts of health In *The Lucky Years* he builds on that theme by showing why this is the luckiest

time yet to be alive giving you the keys to a new kingdom of wellness In this new golden age you ll be able to take full advantage of the latest science and technologies to customize your care Imagine being able to edit your DNA to increase a healthy lifespan use simple technologies to avoid or control chronic conditions like pain depression high blood pressure and diabetes prolong natural fertility and have children in your forties lose weight effortlessly without a trendy diet reverse aging to look feel and physically be ten years younger and turn cancer into a manageable condition you can live with indefinitely That s the picture of the future that you can enter starting today With practical health information fortified with exciting news from the forefront of modern medical technology Kirkus Reviews this is an essential important read If you have made a new year s resolution to get healthier you ll find a buddy in David B Agus s new book *The Boston Globe Welcome to the Lucky Years*

Integral Psychedelic Therapy Jason A. Butler, Genesee Herzberg, Richard Louis Miller, 2023-06-30 *Integral Psychedelic Therapy* is a groundbreaking evidence based collection that explores how psychedelic medicine can be incorporated into contemporary psychotherapy This book builds on current psychedelic research by providing an in depth articulation of the practice of psychedelic therapy weaving together a variety of complementary therapeutic frameworks case examples and practical guidance for cultivating a highly effective ethically grounded integral approach Chapters by a diverse set of practicing psychotherapists and leading researchers aim to provide practitioners with a method that centers liberation of all dimensions of being through intersectional client centered trauma informed and attachment focused practices alongside thoughtful attunement to the relational somatic imaginal cultural and transpersonal dimensions of healing *Integral Psychedelic Therapy* will be essential reading for psychotherapists in practice and in training as well as those seeking personal healing and holistic transformation

The Kindness Cure Tara Cousineau, 2018-02-02 It s time for a kindness revolution In *The Kindness Cure* psychologist Tara Cousineau draws on cutting edge research in psychology and neuroscience to show how simple practices of kindness for ourselves for others and for our world can dissolve our feelings of fear and indifference and open us up to a life of profound happiness Compassion for ourselves and others is our birthright as humans hardwired into our DNA and essential to our happiness But in our fast paced technical savvy and hyper competitive world it may come as no surprise that rates of narcissism have risen while empathy levels have declined We now find ourselves in a cool to be cruel culture where it s easy to feel disillusioned and dejected in our hearts homes and communities So how can we reverse this malady of meanness and make kindness and compassion an imperative *The Kindness Cure* draws on the latest social and scientific research to reveal how the seemingly soft skills of kindness cooperation and generosity are fundamental to our survival as a species In fact it s our prosocial abilities that put us at the head of the line Blended with moving case studies and clinical anecdotes Cousineau offers practical ways to rekindle kindness from the inside out We are wired to care The very existence of our human species evolved because of an intricate physiology built for empathy compassion and cooperation Yet we have an epidemic of loneliness indifference and cruelty and we see these destructive

trends on a daily basis in our families schools neighborhoods and workplaces This important book teaches effective skills in compassion mindfulness and social and emotional learning and reveals successful social policy initiatives in empathy taking place that inform everything from family life to education to the workplace Kindness has the exponential power to renew relationships and transform how we think feel and behave in the world Will you be a part of the revolution How to Feel Sushma Subramanian,2021-02-02 We are out of touch Many people fear that we are trapped inside our screens becoming less in tune with our bodies and losing our connection to the physical world But the sense of touch has been undervalued since long before the days of digital isolation Because of deeply rooted beliefs that favor the cerebral over the corporeal touch is maligned as dirty or sentimental in contrast with supposedly more elevated modes of perceiving the world How to Feel explores the scientific physical emotional and cultural aspects of touch reconnecting us to what is arguably our most important sense Sushma Subramanian introduces readers to the scientists whose groundbreaking research is underscoring the role of touch in our lives Through vivid individual stories a man who lost his sense of touch in his late teens a woman who experiences touch emotion synesthesia her own efforts to become less touch averse Subramanian explains the science of the somatosensory system and our philosophical beliefs about it She visits labs that are shaping the textures of objects we use every day from cereal to synthetic fabrics The book highlights the growing field of haptics which is trying to incorporate tactile interactions into devices such as phones that touch us back and prosthetic limbs that can feel How to Feel offers a new appreciation for a vital but misunderstood sense and how we can use it to live more fully *Fearfully and Wonderfully Made* Maureen Seaberg,2023-08-08 The Next Big Idea Club August 2023 Must Read Book In 2016 scientists proved that humans could see light at the level of a single photon We are living in historic times when humans may look at the very fabric of the universe in a laboratory setting Around the world other recent discoveries about the senses are just as astounding It turns out we can hear amplitudes smaller than an atom smell a trillion scents have a set of taste buds that can discern molecules of fresh water and can feel through the sense of touch the difference of a single molecule Fearfully and Wonderfully Made takes readers through their own bodies delving into the molecular and even the quantum and tells the story of our magnificent sensorium and what it means for the next wave of human potential From the laboratories to the ordinary homes where these breakthroughs are taking place the book explores our current sensory Renaissance and shows readers how they themselves can heighten their own senses and experience the miraculous **The Remarkable Life of the Skin** Monty Lyman,2020-06-02 This seriously entertaining book explores the skin in its multifaceted physical psychological and social aspects Times UK Providing a cover for our delicate bodies the skin is our largest and fastest growing organ We see it touch it and live in it every day It is a habitat for a mesmerizingly complex world of micro organisms and physical functions that are vital to our health and survival One of the first things people see about us skin is also crucial to our sense of identity And yet much about it is largely unknown to us With rigorous research and lucid prose Monty Lyman

explores our outer surface through the lenses of science sociology and history He covers topics as diverse as the mechanics and magic of touch how much goes on in the simple act of taking keys out of a pocket and unlocking a door is astounding the close connection between the skin and the gut what happens instantly when one gets a paper cut and how a midnight snack can lead to sunburn *The Remarkable Life of the Skin* takes readers on a journey across our most underrated and unexplored organ It reveals how our skin is far stranger more wondrous and more complex than we have ever imagined *Yoga and the Body* Edward Clark,Laurie A. Greene,2025-04-11 *Yoga and the Body* The Future of Modern Yoga in the Studio and Beyond imagines the prospects for physical yoga practice The authors writing as advanced practitioners and teachers share their enthusiasm for yoga and lay out the ways its physical practices can evolve and make an impact upon our understanding of consciousness The chapters examine techniques trends and beliefs about contemporary practices and then speculate about where these could lead Topics include the central importance of the body in spiritual experience the role of emotions and imagination in consciousness the insights gained through aesthetic philosophy about the nature of reality and yogic techniques used for exploring the mind body and spirit This book is for anyone who has ever taken a yoga class and wondered if they are missing something It is a thoughtful and entertaining guide to embodied exploration for those who are genuinely curious about modern yoga and its future *The Handbook of Child Life* Richard H. Thompson,2018-04-03 *Child life* is a profession that draws on the insights of history sociology anthropology and psychology to serve children and families in many critical stress points in their lives but especially when they are ill injured or disabled and encounter the hosts of caregivers and institutions that collaborate to make them well Children and their families can become overwhelmed by the task of understanding and navigating the healthcare environment and continue to face challenges through their daily encounters It is the job of child life professionals to provide care and guidance in these negotiations to serve as culture brokers interpreters of the healthcare apparatus to family and child and the child to medical professionals Despite the best efforts to provide quality sensitive psychosocial care to children and their families they remain vulnerable to lingering aftereffects The goal of this revised edition is to help prepare child life specialists to deliver the highest level of care to children and families in the context of these changing realities Each chapter has been substantially revised and two new chapters have been added This book will be a valuable resource for not only child life specialists but also nurses occupational and recreational therapists social workers and other hospital personnel *Experiential Learning Design* Colin Beard,2022-09-30 *Experiential Learning Design* comprehensively demonstrates the key theories and applications for the design of experiential approaches to learning and training Learning is gradually moving away from management and delivery of content and toward experiences that encourage learners to engage and take greater responsibility for their own progress This book s empirically sound multi disciplinary approach balances technical rational and artistic intuitive design elements to accommodate the complex fluctuating capacities of human learning In depth chapters cover design principles social and

environmental factors in learning the importance of senses and emotions and links between body and brain This bold unique perspective shift will enrich the work of learning scientists instructional designers educational technologists and beyond

Sentient Jackie Higgins, 2022-02-22 Perfect for fans of *The Soul of an Octopus* and *The Genius of Birds* this masterpiece of science and nature writing The Washington Post explores how we process the world around us through the lens of the incredible sensory capabilities of thirteen animals revealing that we are not limited to merely five senses There is a scientific revolution stirring in the field of human perception Research has shown that the extraordinary sensory powers of our animal friends can help us better understand the same powers that lie dormant within us From the harlequin mantis shrimp with its ability to see a vast range of colors to the bloodhound and its hundreds of millions of scent receptors from the orb weaving spider whose eyes recognize not only space but time to the cheetah whose ears are responsible for its perfect agility these astonishing animals hold the key to better understanding how we make sense of the world around us An appealingly written enlightening and sometimes eerie journey into the extraordinary possibilities for the human senses Kirkus Reviews starred *Sentient* will change the way you look at humanity

Life in Five Senses Gretchen Rubin, 2024-04-30 NEW YORK TIMES BESTSELLER The author of *The Happiness Project* discovers a surprising path to a life of more energy creativity luck and love by tuning in to the five senses *Life in Five Senses* invites us into the seismic shift toward a life grounded in sensation vitality and innate intelligence GLENNON DOYLE author of *Untamed* An inspiring and practical guide to living in the moment SUSAN CAIN author of *Bittersweet* and *Quiet* For more than a decade Gretchen Rubin had been studying happiness and human nature Then one day a visit to her eye doctor made her realize that she d been overlooking a key element of happiness her five senses She d spent so much time stuck in her head that she d allowed the vital sensations of life to slip away unnoticed This epiphany lifted her from a state of foggy preoccupation into a world invigorated by seeing hearing smelling tasting and touching In this journey of self experimentation Rubin explores the mysteries and joys of the five senses as a path to a happier more mindful life Drawing on cutting edge science philosophy literature and her own efforts to practice what she learns she investigates the profound power of tuning in to the physical world From the simple pleasures of appreciating the magic of ketchup and adding favorite songs to a playlist to more adventurous efforts like creating a daily ritual of visiting the Metropolitan Museum of Art and attending a flavor university Rubin shows us how to experience each day with depth delight and connection In the rush of daily life she finds our five senses offer us immediate sustainable ways to cheer up calm down and engage the world around us as well as ways to glimpse the soul and touch the transcendent *Life in Five Senses* is an absorbing layered story of discovery filled with profound insights and practical suggestions about how to heighten our senses and use our powers of perception to live fuller richer lives and ultimately how to move through the world with more vitality and love

The Fundamentals of Event Design Vladimir Antchak, Olivia Ramsbottom, 2019-12-05 The Fundamentals of Event Design aims to rethink current approaches to event design and production The textbook explores the

relationship between event design and multiple visitor experiences as well as interactivity motivation sensory stimuli and co creative participation Structured around the key phases of event design the book covers all the critical dimensions of event concepting atmospherics the application of interactive technologies project management team leadership creative marketing and sustainable production The concepts of authenticity creativity co creation imagineering and storytelling are discussed throughout and practical step by step guidance is provided on how to create and deliver unique and memorable events The chapters include industry voices offering real life insight from leading international event practitioners and individual and or team assignments to stimulate learners creativity visualisation and problem solving This is the first textbook in event design that integrates areas of anthropology social psychology management marketing graphic design and interactivity Focusing on bringing theory into practice this is essential reading for all Events Management students

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