

# Touch

**Julie Appel, Amy Guglielmo**

*Touch, second edition* Tiffany Field, 2014-10-10 Why we need a daily dose of touch: an investigation of the effects of touch on our physical and mental well-being. Although the therapeutic benefits of touch have become increasingly clear, American society, claims Tiffany Field, is dangerously touch-deprived. Many schools have “no touch” policies; the isolating effects of Internet-driven work and life can leave us hungry for tactile experience. In this book Field explains why we may need a daily dose of touch. The first sensory input in life comes from the sense of touch while a baby is still in the womb, and touch continues to be the primary means of learning about the world throughout infancy and well into childhood. Touch is critical, too, for adults' physical and mental health. Field describes studies showing that touch therapy can benefit everyone, from premature infants to children with asthma to patients with conditions that range from cancer to eating disorders. This second edition of *Touch*, revised and updated with the latest research, reports on new studies that show the role of touch in early development, in communication (including the reading of others' emotions), in personal relationships, and even in sports. It describes the physiological and biological effects of touch, including areas of the brain affected by touch, and the effects of massage therapy on prematurity, attentiveness, depression, pain, and immune functions. Touch has been shown to have positive effects on growth, brain waves, breathing, and heart rate, and to decrease stress and anxiety. As Field makes clear, we enforce our society's touch taboo at our peril.

**Touch** Tiffany Field, 2001 An essay on the importance of touch to children's growth and development and to the physical and mental well-being of people of all ages. The first sensory input in life comes from the sense of touch while a baby is still in the womb, and touch continues to be the primary means of learning about the world throughout infancy, well into childhood. Touch is critical for children's growth, development, and health, as well as for adults' physical and mental well-being. Yet American society, claims Tiffany Field, is dangerously touch-deprived. Field, a leading authority on touch and touch therapy, begins this accessible book with an overview of the sociology and anthropology of touching and the basic psychophysical properties of touch. She then reports recent research results on the value of touch therapies, such as massage therapy, for various conditions, including asthma, cancer, autism, and eating disorders. She emphasizes the need for a change in societal attitudes toward touching, particularly among those who work with children.

Touch Claire North, 2015-02-24 *Touch* is an electrifying thriller by the author of *The First Fifteen Lives of Harry August* and *84K*. He tried to take my life. Instead, I took his. It was a long time ago. I remember it was dark, and I didn't see my killer until it was too late. As I died, my hand touched his. That's when the first switch took place. Suddenly, I was looking through the eyes of my killer, and I was watching myself die. Now switching is easy. I can jump from body to body, have any life, be anyone. Some people touch lives. Others take them. I do both. More by Claire North: *The Gameshouse* *84K* *The End of the Day* *The Sudden Appearance of Hope* *Touch* *The First Fifteen Lives of Harry August*

Touch Courtney Maum, 2018-08-07 “[A] warm-hearted tale of a woman reconfiguring her priorities.”—O, The Oprah Magazine NPR, Best Books of 2017 *Belletrist's Book Pick* for June New York Times Book Review, Editors' Choice *Glamour*, The 6 Juiciest Summer Reads” New York Post, “The 29 Best Books of the Summer” Huffington Post, “24 Incredible Books You Should Read This Summer” Buzzfeed, 22 Exciting Books You Need to Read This Summer *Refinery 29*, “The Best Reads of May Are Right Here” A heartfelt, hilarious tale of a famous trend forecaster who suddenly finds herself at odds with her own predictions...and her own heart.

Estranged from her family, best friends with her driverless car, partnered with a Frenchman who believes in post-sexual sex, international trend forecaster Sloane Jacobsen is the perfect candidate to lead tech giant Mammoth's conference for affluent consumers who prefer virtual relationships to the real thing. But early in her contract, Sloane starts picking up on cues that physical intimacy is going to make a major comeback, leaving many--Sloane included--to question if the forty-year-old's intuitions are as dependable as they once were. And if Sloane goes rogue against her all-powerful employer, will she be able to let in the love and connectedness she's long been denying herself? A poignant but amusing call to arms that showcases Courtney Maum's signature humor, *Touch* is a moving investigation into what it means to be an individual in a globalized world.

**The Book of Touch** Constance Classen, 2020-09-03 This book puts a finger on the nerve of culture by delving into the social life of touch, our most elusive yet most vital sense. From the tortures of the Inquisition to the corporeal comforts of modernity, and from the tactile therapies of Asian medicine to the virtual tactility of cyberspace, *The Book of Touch* offers excursions into a sensory territory both foreign and familiar. How are masculine and feminine identities shaped by touch? What are the tactile experiences of the blind, or the autistic? How is touch developed differently across cultures? What are the boundaries of pain and pleasure? Is there a politics of touch? Bringing together classic writings and new work, this is an essential guide for anyone interested in the body, the senses and the experiential world.

*Touch* Richard Kearney, 2021 Richard Kearney offers a timely call for the cultivation of the basic human need to touch and be touched. Making the case for the complementarity of touch and technology, this book is a passionate plea to recover a tangible sense of community and the joys of life with others.

**Touch** Rebecca Miller, 2021-04-05 WHAT IS YOUR PURPOSE? A powerful story of two teens searching: one for their place in the world, the other for a reason to survive. After her mother's sudden death, artistically gifted Megan lost her will to draw as she watched her family crumble. When her father unexpectedly moves what's left of them halfway across the country to mend, Megan must try, yet again, to rise from the ashes and create a new existence for herself. She's intrigued when she sees Shawn--a secluded classmate who sparks unexpected drawing inspiration. Shawn is protecting a terrible secret and teeters on the edge of letting go. With each layer Megan strips from him, she gets hints about how broken he is. If Shawn is brave enough to open up, Megan might be his undoing--which could save his life. But when Megan learns his darkest secret, will she be able to convince him life is still worth living? Through a heart-wrenching journey that immerses Megan's entire family in the dangerous and unthinkable world Shawn lives in, Megan succumbs to certain truths about life: Nothing happens by accident. We are exactly where we're meant to be. We all really are here for a reason. Reality is rarely subtle. *Touch* depicts abuses that may be difficult for some readers and is recommended for a mature audience.

Bobby and Mande's Good Touch, Bad Touch Robert Kahn, 2011-07 Introduces the topic of sexual abuse, and how children can protect themselves. Includes questions to gauge the child's understanding, and tips for parents.

**What Is Touch?** Jennifer Boothroyd, 2009-09-01 Introduces the sense of touch, describing how the nervous system works with the skin to identify and regulate touch, and includes information on how temperature, pain, pressure, and texture are indicated by touch.

**The Touch Book** Nicola Edwards, 2021-03-23 Inspired by the Montessori method of education this tactile book of textures engages children with the natural world through touch and encourages children to interact imaginatively with their environment. In

this touch and feel book of textures, children can squish the sea sponge, scrape the rough tree bark, and touch the sheep's fluffy fleece while learning about the natural world around them. My World is an engaging series inspired by the Montessori method of education where each title features hands-on, practical learning. Enthusiastic young learners can explore many exciting topics presented in creative, unique formats.

**Touch** Elmore Leonard,2009-10-13 Touch is sensational suspense from the master of crime fiction, New York Times bestselling author Elmore Leonard. A Michigan woman was blind and now she can see, after being touched by a young man who calls himself Juvenal. Maybe it was just coincidence, but Bill Hill—who used to run the spectacular Uni-Faith Ministry in Dalton, Georgia, and now sells RVs—can see dollar signs when he looks at this kid with the magic “touch.” The trouble is that others see them also, including a wacko fundamentalist fascist with his own private army of the faithful and an assortment of media leeches. But everyone who’s looking to put the touch on the healer is in for a big surprise—because Juvenal’s got a trick or two up his sleeve that nobody sees coming.

**See, Touch, Feel** Roger Priddy,2018-09-25 There's lots for baby to explore in See, Touch, Feel: A First Sensory Book. This sturdy board book, with bright photographs of happy babies, is specially designed to stimulate curiosity through sensory play. Each page has a colorful picture activity that invites baby to touch and explore. There are raised textures to feel, finger trails to follow, and a shiny mirror to look in to. Can they follow the swirl on the snail's shell. Can they tap the drum? As your baby grows, See, Touch, Feel will help your child develop language recognition and motor skills, as they learn to interact with the book in new ways. With lots to explore together, See, Touch, Feel is an ideal first book to share with your baby.

**Make Van Gogh's Bed** Julie Appel,Amy Guglielmo,2006 Invites young readers to touch Impressionist and other nineteenth-century paintings, including Van Gogh's Starry Night, Degas' L'Etoile, and Morisot's The Cradle. On board pages.

Out of Touch Michelle Drouin,2023-06-06 A behavioral scientist explores love, belongingness, and fulfillment, focusing on how modern technology can both help and hinder our need to connect. A Next Big Idea Club nominee. Millions of people around the world are not getting the physical, emotional, and intellectual intimacy they crave. Through the wonders of modern technology, we are connecting with more people more often than ever before, but are these connections what we long for? Pandemic isolation has made us even more alone. In Out of Touch, Professor of Psychology Michelle Drouin investigates what she calls our intimacy famine, exploring love, belongingness, and fulfillment and considering why relationships carried out on technological platforms may leave us starving for physical connection. Drouin puts it this way: when most of our interactions are through social media, we are taking tiny hits of dopamine rather than the huge shots of oxytocin that an intimate in-person relationship would provide. Drouin explains that intimacy is not just sex—although of course sex is an important part of intimacy. But how important? Drouin reports on surveys that millennials (perhaps distracted by constant Tinder-swiping) have less sex than previous generations. She discusses pandemic puppies, professional cuddlers, the importance of touch, “desire discrepancy” in marriage, and the value of friendships. Online dating, she suggests, might give users too many options; and the internet facilitates “infidelity-related behaviors.” Some technological advances will help us develop and maintain intimate relationships—our phones, for example, can be bridges to emotional support. Some, on the other hand, might leave us out of touch. Drouin explores both of these possibilities.

**The Touch** Randall Wallace,2011-08-17 2012 Christy Award finalist, Contemporary series category. Andrew Jones was once one

of the few surgeons in the world to have that rare, God-given ability called The Touch. But after failing to save his young fiancée, Faith, at the scene of a car accident, Jones abandons his gift and shuns the operating room. Lara Blair owns a Chicago-based biomedical engineering company developing a surgical tool that will duplicate precisely the movement of a surgeon's hands, reducing or eliminating failed surgical procedures. Lara has pursued the best surgeons in the world to test this surgical tool, and all of them have failed. As Lara pursues Jones's skill for her project, Jones's stubborn resistance cracks, and he begins to open up to her about the wounds that still haunt him. But when Jones discovers the urgency behind Lara's work, he must choose to move beyond his past. As each is forced to surrender secret fears, they are bonded together through the lives of the people Jones serves and by the healing secret that Faith left behind.

**The Power of Touch** Phyllis Davis, Ph.D.,1999-04-01 Were you raised in a non-touching atmosphere? Is your inner hunger really a yearning for touch? Do you know what your touching taboos are? Do you wish you could feel more comfortable touching others or being touched? Are you fulfilling your loved one's need for touch? Would you like to learn how touching influences behavior and how it could enrich your daily? In the revised edition of her exciting book, *The Power of Touch*, Phyllis K. Davis explores the human need to touch and be touched--and how America's cultural taboos have made us a touch-starved nation. Phyllis shares important insights on physical contact, not only as a biological need, but also as a language that communicates love more powerfully than words. Thought provoking and inspiring, *The Power of Touch* examines the catastrophic effects on individuals not nurtured by loving touch. People deprived of this kind of touch often exhibit compulsive overeating, restlessness, drug abuse, promiscuity, and workaholism. Even more shocking--singles deprived of touch have a death rate five times higher than their married counterparts. Phyllis also refutes the myth that picking up crying infants spoils them and stresses the role being physically nurtured as babies plays in becoming well-adjusted adults. To help the reader learn how to bring more touch into their lives, Phyllis includes a chapter of touching exercises and ideas. Without touch, a baby dies, the human heart aches, and the soul withers. Touch is communication on the most basic level: *The Power of Touch* is about the language of love spoken through physical contact. The need for touch is a necessity throughout our lives, from birth to death, which serves to sustain us emotionally and physically. She discusses how touch can improve relationships of all kinds--parent/child, man/woman, friend/friend--help heal the body, and open the heart to a deeper love. She provides insights into the role of touch in infant health, sexual satisfaction, well-being of the elderly, and she suggests a number of activities and exercises that will make touching a delightful and valuable tool in your life. In this wonderful book, author Phyllis K. Davis teaches you about the role of touch in healing, infant care, raising children, developmental psychology, lovemaking, old age, and friendship. The message is simple: Open your heart, reach out, and touch those you care about. If you are a friend, parent, massage therapist, teacher, lover, grandparent, caretaker, health-care professional--or just a compassionate human being--you will learn how even the briefest and simplest forms of touch influence your behavior and enrich the lives of those sharing your world.

**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.

*Don't Touch My Hair!* Sharee Miller,2018-12-04 An entertaining picture book that teaches the importance of asking for permission first as a young girl attempts to escape the curious hands that want to touch her hair. It seems that wherever Aria goes, someone wants to touch her hair. In the street, strangers reach for her fluffy curls; and even under the sea, in the jungle, and in space, she's

chased by a mermaid, monkeys, and poked by aliens...until, finally, Aria has had enough! Author-illustrator Sharee Miller takes the tradition of appreciation of black hair to a new, fresh, level as she doesn't seek to convince or remind young readers that their curls are beautiful--she simply acknowledges black beauty while telling a fun, imaginative story.

Healing Developmental Trauma Laurence Heller, Ph.D.,Aline LaPierre, Psy.D.,2012-09-25 Written for those working to heal developmental trauma and seeking new tools for self-awareness and growth, this book focuses on conflicts surrounding the capacity for connection. Explaining that an impaired capacity for connection to self and to others and the ensuing diminished aliveness are the hidden dimensions that underlie most psychological and many physiological problems, clinicians Laurence Heller and Aline LaPierre introduce the NeuroAffective Relational Model® (NARM), a unified approach to developmental, attachment, and shock trauma that, while not ignoring a person's past, emphasizes working in the present moment. NARM is a somatically based psychotherapy that helps bring into awareness the parts of self that are disorganized and dysfunctional without making the regressed, dysfunctional elements the primary theme of the therapy. It emphasizes a person's strengths, capacities, resources, and resiliency and is a powerful tool for working with both nervous system regulation and distortions of identity such as low self-esteem, shame, and chronic self-judgment.

Touch Samantha Hess,2014-02-14 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.

Uncover the mysteries within Crafted by is enigmatic creation, Embark on a Mystery with **Touch** . This downloadable ebook, shrouded in suspense, is available in a PDF format ( PDF Size: \*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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