

Ways To Hug During Covid

Home Safe Mitchell Consky 2022-11-01 During a pandemic lockdown full of pyjama dance parties, life talks, and final goodbyes, a family helps a father die with dignity. In April 2020, journalist Mitchell Consky received bad news: his father was diagnosed with a rare and terminal cancer, with less than two months to live. Suddenly, he and his extended family — many of them healthcare workers — were tasked with reconciling the social distancing required by the Covid-19 pandemic with a family-based approach to end-of-life care. The result was a home hospice during the first lockdown. Suspended within the chaos of medication and treatments were dance parties, episodes of Tiger King, and his father's many deadpan jokes. Leaning into his journalistic intuitions, Mitchell interviewed his father daily, making audio recordings of final talks, emotional goodbyes, and the unexpected laughter that filled his father's final days. Serving as a catalyst for fatherly affection, these interviews became an opportunity for emotional confession during the slowed-down time of a shuttered world, and reflect how far a family went in making a dying loved one feel safe at home.

I Just Need a Hug Phil Bedford 2022-01-06 During the pandemic lockdown of 2020, people could still communicate and meet digitally with their loved ones. Yet upon actually meeting each other in the real world for the first time, we kept saying and hearing, "I just need a hug!" It was obvious that there was more to relationships and connecting than just seeing people and communicating digitally. The realisation of a "special factor" associated with the physical and real-world meeting, dawned. The human need for intimacy and the success of any business may be more aligned than previously thought and it could be the edge we have been looking for to beat our competition! In this book, I'll discuss the insights unearthed, as businesses struggled to sell to

intimacy-starved customers. I'll be covering important concepts like building loyalty and trust through connections with both employees and customers. I will explore this "human factor" and show you how to leverage it to survive and thrive in the new age of business, post-pandemic. I'll take you on a journey into the science, psychology and theory behind human connections and what they mean to the success of a growing business.

Letters from Lockdown 2020-11-26 A remarkable collection of 'Covid Chronicles' -- stories from lockdown sent in from listeners to BBC Radio 4 -- making a deeply moving people's history of the pandemic. On 23 March 2020, as the deadly virus spread around the world, the UK went into lockdown. In the following weeks and months, it became clear that in many ways we were all in this together, but the illness and the long period of isolation would hit people in entirely different ways. When BBC Radio 4's PM Programme launched the 'Covid Chronicles' series, listeners from across the country - and beyond - began sending in their lockdown stories to be aired on the show. The results are astonishing: moving, profound, funny, powerful and an invaluable record of our collective experiences. Ranging from the everyday (the thrill of booking a food delivery) to the momentous (a wedding on Zoom), we hear about birth and death, loneliness and loss, community and kindness, as well as remarkable stories from those working in the NHS on the front line. This book is a collection of some of these Chronicles, written in the midst of one of the most unexpected and intense moments in our history.

Together they give us an unforgettable portrait of ordinary people caught in extraordinary times, with all the humour and tragedy and uncertainty we've been through. 'It's inspiring that so many people have shared their stories - some everyday, some life-changing, but all very human. This is a wonderful collection of experiences, to record and remember this devastating year'

Christie Watson, bestselling author of *The Language of Kindness*

The Day the Hugs Went Away Gwyn Drake 2020-08-23 Sharing

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hugs has always been a special way to express our love with the people we care about. When suddenly in-person contact changes due to events of COVID-19, we all have to find ways to continue to express our feelings until the hugs return.

The Strength of Love Kate Garraway 2023-09-14 ***From the no.1 bestselling author*** 'These are probably the toughest times we have faced in many decades, and we all have to find within us the strength and resilience to get through and to find happiness and love in our futures, whatever life throws at us.' Kate Garraway has had to learn how to adapt ever since her husband Derek began his fight against the devastating impact of Covid, a condition that has left him needing 24-hour care at home and long spells in hospital. Every day brings uncertainty and new challenges to test Kate and her family's resolve. In *The Strength of Love*, Kate explores issues that resonate with so many of us. She looks at the impact of trauma as well as the importance of resilience, adaptability, curiosity and positivity when recovering from it. She talks about identity, purpose, how to embrace uncertainty and take back control of our lives. Through her and Derek's story, she provides comfort and wisdom that will help anyone who has ever felt desperate, lonely or experienced profound loss, or who is fearful about what the future holds. Despite all that she and her family have had to endure, Kate shows us that love truly is the most powerful and resilient emotion of all.

Affectionate Communication in Close Relationships Kory Floyd 2018-12-20 Reviews and critiques empirical research on affectionate communication in close relationships and offers questions for future study.

WHO Guidelines on Drawing Blood Neelam Dhingra 2010 Phlebotomy uses large, hollow needles to remove blood specimens for lab testing or blood donation. Each step in the process carries risks - both for patients and health workers. Patients may be bruised. Health workers may receive needle-stick

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injuries. Both can become infected with bloodborne organisms such as hepatitis B, HIV, syphilis or malaria. Moreover, each step affects the quality of the specimen and the diagnosis. A contaminated specimen will produce a misdiagnosis. Clerical errors can prove fatal. The new WHO guidelines provide recommended steps for safe phlebotomy and reiterate accepted principles for drawing, collecting blood and transporting blood to laboratories/blood banks.

A Hug for You David King 2021 Join Adam and his loyal friend and first teddy, Bubby, on the journey of the Virtual Hug. Adam King stole the hearts of the nation when he appeared on the Late Late Toy Show in 2020. He introduced us to the Virtual Hug, a heart-shaped sign he carried during the COVID-19 pandemic to help him stay connected to his teacher while he was learning from home. He also took it to his regular hospital appointments to show his doctors, nurses, and care staff that he was still giving them a hug, just in a different way. This book, inspired by true events, tells the story of one little boy with a big idea that came straight from the heart. From the Late Late Toy Show, the virtual hug makes its way onto mugs, postage stamps and even all the way to outer space, spreading warmth and connection to people all over the world.

The Hug Eoin McLaughlin 2019-01-01 A beautiful, heartwarming picture book with all the universal appeal of Guess How Much I Love You. Hedgehog was feeling sad. As sad as a hedgehog can feel. So sad only one thing could help . . . Tortoise was feeling sad. As sad as a tortoise can feel. So sad only one thing could help . . . In this clever flipbook, both a hedgehog and a tortoise are looking for a hug. They ask all the other animals they come across but for some reason no one will hug them. Until a wise owl explains: Hedgehog is too spiky; Tortoise is too bony. And that's when they find each other! 'Feels like being enveloped in your very own hug.' Kirkus 'A smashing story time tale.' Books for Keeps 'It's utterly lovely. It makes her face light up every time she

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hears it.' The Guardian Best Books of 2019

Creative Resilience and COVID-19 Irene Gammel 2022 "Creative Resilience and COVID-19 explores arts, culture, and everyday life as a way of navigating through and past COVID-19. Drawing together the voices of international experts and emerging scholars, this volume navigates themes of creativity and resilience in relation to the crisis, trauma, cultural alterity, and social change wrought by the pandemic. The cultural, social, and political concerns that have arisen due to COVID-19 are inextricably intertwined with the ways the pandemic has been discussed, represented, and visualized in global media. The essays included in this volume are concerned with how artists, writers, and advocates uncover the hope, plasticity, and empowerment evident in periods of worldwide loss and struggle-factors which are critical to both overcoming the COVID-19 pandemic and fashioning the post-COVID-19 era. Elaborating on concepts of the everyday and the outbreak narrative, *Creative Resilience and COVID-19* explores diverse themes including coping with the crisis through digital distractions, diary writing, and sounds; the unequal vulnerabilities of gender, ethnicity, and age; the role of visuality and creativity including comics and community theatre; and the hopeful vision for the future through urban placemaking, nighttime sociability, and cinema. The book fills an important scholarly gap, providing foundational knowledge from the frontlines of the COVID-19 pandemic through a consideration of the arts, humanities, and social sciences. In doing so, *Creative Resilience and COVID-19* expands non-medical COVID-19 studies at the intersection of media and communication studies, cultural criticism, and the pandemic"--

Touch Tiffany Field 2003-02-28 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

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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.

Jazz and Middy Tracy Warusevitane 2022-05 Jazz Cat and Middy Monkey go on local everyday adventures around the home and local suburbs, finding entertainment and joy wherever they go. A cute story about finding fun and adventure in everyday activities from jumping on the trampoline, going to the supermarket, and visiting the duck pond. Jazz and Middy - Lockdown Adventures is a celebration and wonderful treasured memory highlighting the positive aspects of home life with toddlers and the wonderful time spent together as a family. There are so many things built into a day for small children. It is a privilege to slow down and watch children observe the world in a beautiful way. "A hug, a laugh, a smile, a kiss, the little things matter in all of this." Jazz and Middy - Lockdown Adventures shows the joy children have for everyday activities such as picking a strawberry from the neighbor's garden. Children adore building things out of cardboard boxes, baking muffins, and doing arts and crafts. Having a little more screen time than they would, to getting outside to jump on the trampoline and go for a walk down the creek and the local houses to spot bears and spoon villages. Since 2019 Melbourne Australia (and the rest of the world) has experienced a significant amount of time spent at home in Lockdown to avoid the pandemic. While hopefully a thing of the past, we saw communities come together

to support each other by putting out bears for kids to spot in windows. We saw families spend a great deal of time together at home and around their local communities, while some families didn't enjoy this as much, others celebrated and adored the time together that they otherwise wouldn't have had because they were at school or work. Jazz and Middy Lockdown Adventures is a celebration for those who relished this time spent together.

How Do You Make a Rainbow? Caroline Crowe 2021-02-18

How do you make a rainbow? This joyful story, written by Caroline Crowe and illustrated by Cally Johnson-Isaacs, shows how to find colour and hope when days seem dim and grey: celebrating love, positivity and the precious relationship between a child and her grandad. Stuck inside on a cloudy day, a little girl asks her grandad to help her paint a rainbow on the sky. But as Grandad tells her, rainbows aren't painted on the sky, they grow out of kindness, hope, and helping other people. How Do You Make a Rainbow? is a reassuring, heart-warming story of colours, kindness, community and nature, that shows that brighter times are always around the corner.

The Butterfly Hug Joseline J Hardrick 2021-07-20 When a little girl finds out that she's going back to in-person school, she becomes scared. She loves school, family, and hugs! But for a while, she was not able to do the things she loves. But this school year she gets to see her friends and teachers at school. But how will it work with everyone wearing masks? Will they be able to hear her soft voice? All these thoughts make her nervous. So her mom teaches her The Butterfly Hug, and it calms her down instantly. This book is a simple, fun story that helps make post-Covid health protocols less scary. Parents and educators have found it a wonderful tool to talk about the pandemic and what kids can do to stay safe and calm. For children heading back to school during this "new normal," and for parents, grandparents, and teachers looking for stories that give comfort and reassurance to kids about the changes around them, The Butterfly

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Hug will be a welcome addition to reading time.

Touch Matters Michael Banissy 2023-04-25 An exploration of the new science behind our most underappreciated sense and why we need to harness the power of touch for our health and well-being. Every day, we use our sense of touch to navigate the world. A handshake, a pat on the shoulder, a hug—all essential touches that make up our daily lives. In *Touch Matters*, Professor Michael Banissy brings together diverse scientific insights from the world's largest study on touch with takeaways on how to enhance your levels of touch for a happier, healthier life. The book explains why touch is essential to our well-being, the role it plays in our relationships, friendships, in the bedroom, workplace, in team activities such as sports, and much more. Banissy's latest research explores: Our "touch personalities" Touch starvation How touch defines our relationships and self-esteem The impact of touch on our physical and mental health This is a fascinating window into one of our most important and basic senses and how to harness its power. FEATURES ORIGINAL RESEARCH FROM "THE TOUCH TEST": *Touch Matters* is based on one of Banissy's most recent projects—the Touch Test—a science and broadcast collaboration with the BBC and Wellcome Collection. This project explored attitudes and experiences of touch via the world's largest contemporary survey on the topic, public exhibitions, and a series of broadcast programs focused on the topic of touch that received worldwide attention. The project had approximately 40,000 participants from 113 countries. OFFERS GUIDANCE ON COMMUNICATING AND CONNECTING IN OUR DAILY AND PROFESSIONAL LIVES: As we return to office work and live in a world where touch has become loaded with meaning, this book will help people understand how important touch is and the role it plays in every aspect of our lives, from relationships and friendships to the workplace and team activities and much more. Perfect for: Readers interested in science, psychology, and self-help Fans of James Nestor's *Breath*, Marc Brackett's *Permission*

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to Feel, Bill Bryson's The Body, Mark Miodownik's Stuff Matters
Adults and parents of children resuming in-person activities
including going back to the office, returning to school, traveling,
and socializing Those interested in learning more about the
science of touch, touch starvation, and how important touch is to
child/human development People struggling with depression or
anxiety around physical contact

A Hug For You David King 2022-03-22 IRISH BOOK AWARDS'
CHILDREN'S BOOK OF THE YEAR 2021 Nothing warms us up
quite like a hug, but what can we do when we can't be together?
This is the story of a new hug's adventure and the boy who shared
it with the world. Adam King stole the hearts of the nation when
he introduced us to his Virtual Hug, a heart-shaped sign he
carried during the COVID-19 pandemic to help him stay
connected to his teacher while he was learning from home. He
also took it to his regular hospital appointments to show his
doctors, nurses, and care staff that he was still giving them a hug,
just in a different way. This picture book, inspired by true events,
tells the story of one little boy with a big idea that came straight
from the heart. The virtual hug makes its way onto mugs, postage
stamps and even all the way to outer space, spreading warmth
and connection to people all over the world. _____ 'A
gorgeous, moving book' Irish Times 'A genuine ray of light' 2FM
Breakfast

No Hugs. No Bugs. Vanessa Williams Johnson 2020-07-18
Children will have questions when they return to school after
COVID-19. How will school be different? Will a mask have to be
worn all day? This book is meant to help them with the
adjustment to their new school environment. Follow these pups as
they follow new guidelines to promote safety practices in the
classroom and around the school. This a great first day Read
Aloud for teachers and parents who want to prepare their
children for the new school's expectations.

UNESCO Creative Cities' Response to COVID-19 UNESCO

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2022-12-31

Coronavirus: A Book for Children Kate Wilson 2020-04-07 What is the coronavirus, and why is everyone talking about it? Engagingly illustrated by Axel Scheffler, this approachable and timely book helps answer these questions and many more, providing children aged 5-10 and their parents with clear and accessible explanations about the coronavirus and its effects - both from a health perspective and the impact it has on a family's day-to-day life. With input from expert consultant Professor Graham Medley of the London School of Hygiene & Tropical Medicine, as well as advice from teachers and child psychologists, this is a practical and informative resource to help explain the changes we are currently all experiencing. The book is free to read and download, but Nosy Crow would like to encourage readers, should they feel in a position to, to make a donation to:

<https://www.nhscharitiestogether.co.uk/>

Love Was Inside Andrew Joyner 2021-12-07 From a #1 New York Times bestselling illustrator comes a picture book to celebrate and remember the days we spent inside—the joys and the hardships, the bravery and the resilience, but most of all the love. This book, inspired by kids who found ways to stay connected to the people they love during the pandemic, is about what an imaginative, curious and loving little girl did when her world was turned inside out. The girl played inside, she learned inside, she waited inside. She talked on the phone to her Nan inside. Her days and nights were all inside, and she would think about what she missed outside--the running, cheering, splashing, hugging, and of course her Nan. Finally, when the girl could go outside, she was happy to be there--to hug her Nan, see her friends, and even climb a tree. But she had changed inside, and she knew she would always remember the small things and the big things that made that time special. Here is a picture book that will help young children remember, process, and resolve the feelings they had during the pandemic. Includes prompts to help readers make

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their own inside story book.

Love Without Hugs Jere Confrey 2020-04-27 One day, children wake up to a world in which they have to stay away from people they love. "Did I do something wrong? Do you not love me anymore? How can I get you sick if I don't feel sick?" LOVE WITHOUT HUGS explains the concept of a "carrier" of a virus, and the importance of "social distancing." During a pandemic, children can be superheroes for their grandparents, protecting the ones they love by NOT giving them a hug.

Hug Jez Alborough 2020-05 Celebrate 20 years of Bobo and his friends in this special anniversary edition of the much-loved family favourite! Ever feel like you need a hug? A really big hug from someone who loves you? That's how Bobo, the little chimp in this classic first story book, feels. Walking through the jungle he passes lots of creatures enjoying a cuddle together: elephants, chameleons, lions, giraffes, hippos - even the snakes have got someone special to squeeze. But poor Bobo is alone. Will he ever find the hug he needs? Using only three words throughout the book, this simple, endearing story is told through Jez Alborough's gorgeous, detailed artwork.

If You Can't Bear Hug, Air Hug Katie Sedmak 2020-05-22 Join fuzzy bears, flapping owls, and more adorable animal friends as they prove that distance can't overcome love and friendship! "If You Can't Bear Hug, Air Hug" is an uplifting book of rhymes for children that explores the creative ways animals might show affection while socially distancing and delivers a reassuring message of love and resilience.

Slug in Love Rachel Bright 2021-12-14 Doug the slug is looking for a hug and soon finds there is a friend for everyone.

24 Directions at Once Jim Blackwood, Jr. 2020-10

The Boy Who Was Raised as a Dog Bruce D Perry 2017-08-29 In this classic work of developmental psychology, renowned psychiatrist and the coauthor of the #1 New York Times bestseller *What Happened to You?* reveals how trauma affects

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children—and outlines the path to recovery "Fascinating and upbeat...Dr. Perry is both a world-class creative scientist and a compassionate therapist."—Mary Pipher, PhD, author of *Reviving Ophelia* How does trauma affect a child's mind—and how can that mind recover? Child psychiatrist Dr. Bruce D. Perry has helped children faced with unimaginable horror: genocide survivors, murder witnesses, kidnapped teenagers, and victims of family violence. In the classic *The Boy Who Was Raised as a Dog*, Dr. Perry tells their stories of trauma and transformation and shares their lessons of courage, humanity, and hope. Deftly combining unforgettable case histories with his own compassionate, insightful strategies for rehabilitation, Perry explains what happens to children's brains when they are exposed to extreme stress—and reveals the unexpected measures that can be taken to ease such pain and help them grow into healthy adults. Only when we understand the science of the mind and the power of love and nurturing can we hope to heal the spirit of even the most wounded child.

A Hug For You David King 2021-11-04 IRISH BOOK AWARDS' CHILDREN'S BOOK OF THE YEAR 2021 Nothing warms us up quite like a hug, but what can we do when we can't be together? This is the story of a new hug's adventure and the boy who shared it with the world. Adam King stole the hearts of the nation when he introduced us to his Virtual Hug, a heart-shaped sign he carried during the COVID-19 pandemic to help him stay connected to his teacher while he was learning from home. He also took it to his regular hospital appointments to show his doctors, nurses, and care staff that he was still giving them a hug, just in a different way. This picture book, inspired by true events, tells the story of one little boy with a big idea that came straight from the heart. The virtual hug makes its way onto mugs, postage stamps and even all the way to outer space, spreading warmth and connection to people all over the world. _____ 'A gorgeous, moving book' Irish Times

Sun Shining on Rain Ouissi Gresty 2021-07-12 The pandemic changed all our lives. What if you don't want to go back to the hectic life you lived before? Looking at the next few months as the creation of a garden during an amble through the seasons, psychologist Ouissi Gresty explains how to sort through your life, nurturing what you want to keep, clearing away what you don't and creating a space to grow new hope and a new, simpler, slower way of life ...as well as practical ways of moving forwards to the future you want. "I wrote Sun Shining on Rain for all the people who sobbed their fears out to me over the last 18 months, desperately needing hugs and not wanting to be locked down, yet not wanting to go back to their lives before covid either. I hope it helps." - Ouissi Gresty Reviews "So fresh and positive. It's like reading a hug!" "Love this book! It's such a positive, hopeful book. It takes something big, daunting and scary and breaks it down into friendly, manageable chunks, and leaves you with a warm glow ☺ Go get your copy now!" "Absolutely loving it. I will be ordering more for friends who definitely need to read your insight! About the Author Ouissi Gresty is a psychologist and simple living expert who has a master's degree in psychology and has spent many years teaching, speaking and writing about finding hope in crisis as well as simple, slow, less waste living. She spent the last year and a half helping to set up a local pandemic support network, running social media support groups and listening to hundreds of people as they struggled. This, along with her own experience of building a new life, has given her a unique insight into the impact of the lockdowns, and the pandemic as a whole, on our mental health as well as our lives, hopes and dreams. Ouissi lives a slow simple life in a small town in Cheshire with her two fluffy cats and her fabulous teenage son and is currently trying to get over her nervousness about the very thing she spent the pandemic craving...hugs. She loves growing seedlings to give away at her gate, cooking (and eating) Mediterranean food, growing food and vases full of flowers,

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walking by the sea or in the dappled shade under trees, visiting bookshops and reading every book she sees, trying to sweet-talk her son into loving history as much as she does by sharing the interesting bits, scribbling notes on scraps of paper or the back of seed packets whilst surrounded by chatter and laughter in a coffee shop or bar and searching for ridiculously flowery seventies clothing. Join Ouissi for a cup of tea, a chat and a walk through the seasons as she explains the importance of sifting through our pre-covid lives, keeping what we love and want to grow and clearing out the plants and weeds we don't, leaving space to grow new flowers, new hopes and a new way of life...as well as practical ways of moving forwards to the future we want. This is her second book.

When a Lady Bug Can't Hug Jen Welter 2020-06-09 Lady Bug's day started out like every other until she found out she could no longer hug. Find out how she was able to still do what she loved most, just by shifting how she did it. Take a breath to join Lady Bug's supersonic "UGH" and then embrace her social distancing hugs. Find out how Lady Bug is able to be close in the heart, even when they must stay six feet apart through virtual creativity.

Life, Death and Biscuits Anthea Allen 2022-02-17 THE SUNDAY TIMES BESTSELLER 'A heart-breaking story of courage and compassion from the front line of the toughest battle our nurses have had to fight. Anthea Allen's writing is raw, honest and full of love for those she cares for.' Susanna Reid

The Big Hug Megan Walker 2021-04-20 Two inseparable best friends are pulled apart and forced inside by troubling world events. Through boundless creativity and enduring love, they learn that distance doesn't put an end to friendship, and that there are lots of ways to give a hug. On opposite sides of a quiet street lived two friends. From morning to evening, they played. "You two are stuck together like glue!" their parents and teachers laughed. So it was a shock when, one day, they had to stop and go inside. Between them now was only space. Suddenly,

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outside was scary and felt very large. Their parents were full of whispers and frowns and the worry inside felt heavy. Where can you put friendship when friends are apart? Slowly, they learned. They found that, across the street and through windows, they could give each other a hug. They discovered that a smile is a hug. A wave is a hug. And funny faces, a phone call, a song. They discovered that when you're apart a friendship doesn't leave. With time and effort it will grow and grow, until it is big, bigger than all fears. Inspired by real-world events, *The Big Hug* is a story of love's resilience.

For Better (For Worse) Tara Parker-Pope 2010-05-25 We've all heard the statistic: 50% of marriages end in divorce. It's enough to make many couples give up when the going gets tough. But what if it weren't true? What if, in fact, it's not only possible but often easier than you think to save a seemingly troubled relationship? These are the questions leading New York Times blogger Tara Parker-Pope asked herself after her own divorce. An investigative journalist, she turned to some of the top biologists, neuroscientists and psychologists for the facts about marriage and divorce. *For Better (For Worse)* offers page after page of astonishing, eye-opening good news. Discover: - The science behind why some marriages work and others don't - The biology behind why some spouses cheat and others remain faithful - The best diagnostic tools created by cutting-edge psychologists to assess the probability of success in getting married and staying married Packed full of questionnaires to uncover your hidden feelings and tools to show how small adjustments can make a huge difference, this is the definitive guide to the most profound relationship of our lives.

Navigating the Pandemic Teresa Schreiber Werth 2021-08-19 ABOUT THE BOOK After reading the draft manuscript of this book, Rev. Mary Ramerman astutely observed, "When the COVID-19 pandemic hit the world, we were asked to observe social distance and stay home. Vacations, weddings, trips to the

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mall, dinners out, and baseball games all ended. We were literally sent to our rooms to reflect on how we lived our lives and what mattered most to us." The collective wisdom presented in this anthology provides answers to those two important questions. Writers offer a wealth of ideas, shared wisdom, action steps, inspiring stories, and candid looks at real-life situations. The reader will find insights that come from the other side of pain, in people and events affirming hope, perseverance and resilience, as well as a candid record of life in the early days of this pandemic and the challenges before us.

While We Can't Hug Eoin McLaughlin 2020-05-19 The bestselling and heart-warming picture book that shows us ways to be affectionate while social distancing, from the team behind The Hug. Hedgehog and Tortoise were the best of friends. They wanted to give each other a great, big hug. But they weren't allowed to touch. "Don't worry," said Owl. "There are lots of ways to show someone you love them." So the two friends wave to each other, blow kisses, sing songs, dance around and write letters. And even though they can't hug and they can't touch, they both know that they are loved. A gorgeous, uplifting, inspiring picture book that makes social distancing fun!

Touch in the Time of Corona Henriette Steiner 2021-09-20 A chronicle, a memoir, a reflection on the pandemic, and a cultural analysis of the new spatial, social, and epistemological forms that have arisen with it, this volume weaves together cultural history, aesthetics, and urban and digital studies. It looks at the particular ways in which the possibilities for touch, touching and being touched, both physically and affectively, are reconfigured by the pandemic. How are love, care, and humanity's complex relationships with technology and nature played out in the interval between abandoned city centres and digitally mediated gatherings? How can we comprehend the reconfiguration of relationships through the human response to the pandemic as an experience that concerns us all but affects each of us in different

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ways? How do we think through the technological and material dependencies that the pandemic situation establishes? And how does this allow us to imagine the world beyond the pandemic—both utopian and dystopian? The essays in this book explore the new forms of intimacy and distance that are developing in the wake of COVID-19, offering a distinctive, topical analysis in the fields of urban and digital studies.

Max Counts to a Million Jeremy Williams 2022-03-03 Do you like epic quests of amazing counting? Do you dislike global pandemics, being stuck at home, and the number 7? Then I have a story for you. It's about how I counted to a million during lockdown - with help from Mum and Dad, friends and neighbours, and Grandad. And some birds. And a bucket of marbles. And an awesome TV reporter. Sometimes, just keeping on going makes you a hero. Eight-year-old Max is counting to a million. Normally, school or having anything interesting to do would get in the way, but school is shut and everyone has to stay home because the UK is in its first lockdown. Max's dad works at the hospital and counting helps Max with missing him, but as the pandemic progresses and Max's grandad journeys through his own battle with the virus, what starts as a distraction turns into record-breaking effort that brings Max's community together. Suitable for readers aged 7 up, this funny, poignant, uplifting story reflects the experiences shared by so many during the Covid pandemic and celebrates how ordinary people accomplish epic things. £1 from the sale of every copy of this book will be donated to NHS Charities Together (Registered Charity Number 1186569)

Lovers' Rock Myrna Loy 2021-01-27 I spent my self-isolation period during the COVID-19 pandemic, writing this book: 'Lover's Rock - More than a Dance Floor', which was inspired by Director Steve McQueen's Small Axe docudrama, Lover's Rock, shown on the BBC, in November 2020, when people couldn't rave because of the coronavirus pandemic. The Small Axe 'Lovers Rock' arthouse film tells a fictional story of young love at a blues party,

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in the 1980s. However, although fictional, those viewers who didn't live during that period, could have assumed that the drama accurately portrayed the lifestyle. Thousands, including myself from the Black British community, took to social media to share our disappointment - the film did not represent our experiences, it did not reflect our style, and it lowered the tone of the era. I decided to document my recollection of Lovers Rock experience, in this book. "Being active during the Lovers' Rock era - mid 1970s - early 1990s, I felt I had some responsibility to better illustrate what Lover's Rock meant to many of us born during that time, and how Lovers Rock became the foundation of many of our long-lasting relationships".The lockdown has adversely affected the hospitality and entertainment industry, which was the bedrock of the social reggae scene, by preventing all social gatherings under the Coronavirus Restrictions legislation. It has been a huge loss for socialites who had taken for granted how much they needed attention, adoration, warmth, affection and nurturance, all of which could be found in the arms of a stranger on the dance floor. There are those who mock anyone who moans about being unable to rave. "Get a life"; "What's a dance?" "Find something useful to do!", not understanding the healing properties these events held for the broken.A 1944 study was done in the United States, on 40 new born babies to determine whether individuals could thrive alone on basic physiological needs, without affection. It was performed on 20 children, who were fed, clothed and bathed but received no affection. The remaining 20 were bathed, clothed, fed and given affection. The 20 that received no affection died after 4 months, those babies who received affection, lived. Scientists couldn't even save the ones who hadn't died yet, because they had given up. Although the experiment was conducted on children, I am sure adults are impacted. The elderly, who have been isolated during the pandemic because family members unable to hug them and hold them, many have given up and determined it is their time to die.

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Their deaths are attributed to the coronavirus, but the main cause of death is lack of attachment and nurturance. The Bowlby Attachment Theory found that we are all pre-programmed to form attachments with others, because this helps us to survive - and while this theory applies to children, I believe broken adults who have an inner child that still requires healing, need that nurturance found on the dance floor. What this research shows is that if the coronavirus doesn't get the Blacks, Minority Ethnic and the Elderly, social isolation will! The intrusion of the COVID-19 pandemic, did not only destroy the social scene for 'lovers', but took its healing properties with it. Many are dying from withdrawal symptoms. The dance scene had become responsible for maintaining our mental health. Who would have thought that crubbing up in a dance with a stranger, would bring solace and healing to a challenged generation?"

Everything is True Roopa Farooki 2022-01-20 CHOSEN AS A BOOK OF 2022 BY THE GUARDIAN AND NEW STATESMAN 'A STAND OUT' SUNDAY TIMES 'STARTLINGLY HONEST AND DEVASTATINGLY GOOD' RACHEL CLARKE 'YOU EMERGE KNOWING HOW LUCKY YOU ARE TO HAVE READ IT' ALI SMITH, NEW STATESMAN 'SEARING' GUARDIAN, 50 hottest reads for summer 'The most powerful and evocative account of working through the pandemic that I have read' ADAM KAY 'A laser guided insight into what's been happening in hospitals during the pandemic laying bare what we were all clapping for ... Beautifully written, brutally honest' JO BRAND From the frontlines of the NHS, the story of a junior doctor's love, loss and grief through the Covid-19 crisis -----

----- In early 2020, junior doctor Roopa Farooki lost her sister to cancer. But just weeks later, she found herself plunged into another kind of crisis, fighting on the frontline of the battle taking place in her hospital, and in hospitals across the country. Everything is True is the story of Roopa's first forty days of the Covid-19 crisis from the frontlines of A&E and

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the acute medical wards, as struggling through her grief, she battles for her patients' and colleagues' survival. Working thirteen-hour shifts, she returns home each evening to write through her exhaustion, chronicling the devastating losses and slowly eroding dehumanisation happening in real time on the ward. At once an unflinching insider's account of medicine in the time of coronavirus, and the devastating story of a sister's grief, *Everything is True* is an exhilarating memoir of holding on to that which makes us human against insurmountable odds. 'An extraordinary writer ... Beautiful, heartbreaking, brilliant, furious and oh-so-honest - an amazing read' KATE MOSSE

Spiritual Lifelines Manor Publishing Collective 2020-05-22

Once upon a time, when Rev. Lone Jensen Broussard was less than 65, she had imagined aging as an adventure, a slow process where she would gradually and gracefully grow wise and content. She would say "saging" not aging, and loved to recite the popular poem on aging by Jenny Joseph-replete with red hats and purple outfits. Like Lone, I was also proud of stating my age, even proud of my wrinkles; I felt I'd earned every single one of them. My images of old age were those of freedom, of being outrageous, and of getting away with it. Since then, I discovered reality. Jenny Jones actually authored the quoted poem when she was only 29 years old. Now that I am much older, I have discovered that aging is not so easy. Yes, I still hope to become a sage and I do wear a lot of purple, but my body, like Lone's, seems to be betraying me. Aches remind me daily of what I can't do, and I find that to age even a little gracefully takes reflection, building a strong spirit and plain, hard work. It takes acceptance and resilience and most of all gratitude for what we still can do and what we still have available to work with. Lone reminds us as we lose to death our friends and family and people of our own age, we are reminded of our own mortality. Those beloveds we still have become more precious and time becomes very precious indeed. Isolation and loneliness are the mortal enemies so many of

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us fight now during the unprecedented quarantine of 2020. It is all too easy to sink into our easy chairs until we almost become a part of them, invisible and indistinct. It is all too easy to let our sour moods and our seeming aches and pains dictate our activity. To get through this time takes courage and resilience. As Lone was writing *Spiritual Lifelines*, the COVID-19 virus has changed our world and limited all of us in ways we could have never anticipated. To support each other we have to stay six feet apart. We must stay at home and can enjoy no visitors. Shopping has become a potentially dangerous activity. Streets are empty. If we ever needed hope, it is now. Lone Jensen Broussard reminds us that when we feel real despair about our situation, we should recall the people who lived through more than five years of Nazi occupation during WWII. Gratitude is essential to surviving this pandemic—as it also was during that forlorn segment of history. We have no choice but to live through this and pray that we do indeed survive—as many of the holocaust survivors managed. We should all be grateful for having a pleasant home to stay in; grateful for our families, friends, and pets; grateful that we live in a time when we can contact each other in ways earlier generations could not have imagined. Yes, a virtual hug will never be as comforting as a physical one, but we can still see each other's faces and hear our voices even when we're literally worlds apart. In some ways it seems a bit like a miracle. The reflections and stories in Rev. Broussard's book are meant to help you on your unique journey through this time and peril. She calls them "spiritual lifelines." It was her hope, as an author and a Unitarian Universalist minister, that you will find something in these pages that will resonate with your spirit to help you when your life seems adrift. When you need help to get back to your personal shore of safety, I invite you to consider Lone's insights as a guide from a loving woman of wisdom and experience.--Sunny Baker, Publisher Manor Publishing Collective

When We Touch Michael Banissy 2023-03-30 'A mind-expanding

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tour of what touch means.' DAVID EAGLEMAN, neuroscientist and author of *Incognito* and *Livewired* Why is a hugged person a healthier person? Why do high-fiving teams win more matches? How does a shared handshake make you more likely to tell the truth? We rely on touch every day of our lives. It makes us who we are. It helps us connect with those around us. And yet touch between individuals can be fraught with confusion and misunderstanding. In *When We Touch*, social neuroscientist Professor Michael Banissy blends expert scientific insights with anecdotes from 90s rom coms to office politics to explore the new science of human touch. His groundbreaking new book explains how touch impacts every part of our lives, from why touch is essential for healthy development, to how kissing might help us choose a genetically beneficial mate to how holding hands with a loved one can help us feel less pain. Banissy tackles the nuances of appropriate touch across culture and gender, investigates our 'touch personas' and why they differ, and offers solutions to the 'touch hunger' that has become a modern epidemic in our increasingly distanced world. From the most inconsequential to the most salient moments of human contact, *When We Touch* is a fascinating and entertaining exploration of our most overlooked sense.

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