

# Rationale

## HUGGING

Feels good

Dispels loneliness

Overcomes fears

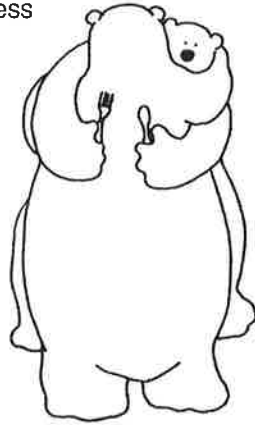
Opens doors to feelings

Builds self-esteem ("Wow! *She* actually wants to hug *me!*")

Fosters altruism ("I can't believe it, but I actually *want* to hug that old son-of-a-gun!")

Slows down aging; huggers stay younger longer

Helps curb appetite; we eat less when we are nourished by hugs—and when our arms are busy wrapped around others



## HUGGING ALSO

Eases tension

Fights insomnia

Keeps arm and shoulder muscles in condition

Provides stretching exercise if you are short

Provides stooping exercise if you are tall

Offers a wholesome alternative to promiscuity

Offers a healthy, safe alternative to alcohol and other drug abuse (*better hugs than drugs!*)

Affirms physical being

Is democratic; anyone is eligible for a hug

## Institute of hug therapy

We believe more must be done to break down the cultural and emotional barriers that prevent us from experiencing the healthy nourishment of touching and hugging. The establishment of the Institute of Hug Therapy is our whimsical, but earnest, contribution to that effort.

Becoming a member of the Institute of Hug Therapy is easy. Just believe in the power of hugging! Wear the title of Hug Therapist proudly. Tell others about hugging for health. Spread the pro-hug philosophy wherever you go.

Hugging should not be something you do once in a while, at family reunions or birthdays or when one of your teammates makes a goal. Our hope is that hugging will become commonplace, without detracting from the specialness of each separate hug.

### Institute of Hug Therapy Certificate of Membership

This is to certify that

LINDSAY G. HOPKINS  
name

has completed the course of study offered in *The Hug Therapy Book* and is now a practicing Hug Therapist dedicated to the furtherance of hugging for health on an international scale.

