

All about hugs \_

The Basic Essentials of Life:

1. Air
2. Food
3. Water
4. Shelter
5. Clothing
6. Hugs!!!

What Is Hugging?

Hugging is natural, organic, naturally sweet, free of pesticides and preservatives. Hugging contains no artificial ingredients. It's 100% wholesome. No calories, no caffeine, no nicotine. Hugging is nearly perfect. There are no removable parts, batteries to wear out, no periodic checkups. It consumes little energy, while yielding a lot. It's inflation-proof. It's non-fattening. There are no monthly payments. No insurance requirements. It's theft-proof, non-taxable, non-polluting, and fully refundable. And it costs very little. Hugging is healthy. It assists the body's immune system, it cures depression, it reduces stress, it induces sleep, it invigorates, it rejuvenates, and it has no unpleasant side-effects. Hugging is no less than a miracle drug.

Adults, Infants and Hugging

Adults love to hug babies and they do it as often as possible. Adults love to hug other adults, too, yet they seldom do. The reason for this is surprisingly simple ... adults are not afraid to initiate and enjoy hugging with infants because there's little chance of rejection.

What Sort of People Like Hugging?

Nice people. People who like to share things. People who make themselves and the world they live in a little happier by hugging.

The Best People, Places, and Times to Hug?

Anyone. Any place. Any time.

The Value of Hugs

Hugs are free ... perhaps that's why so many take them for granted. If hugs cost a lot of money, people would probably knock themselves out to make enough to buy them. Although hugs are free, they're worthless if they aren't used. An unused hug is lost forever. On a planet that's starved for affection, can we really afford to lose a single hug?

Asking for Hugs

Scientific Research Has Shown the Following:

- Every human being needs four hugs per day merely to survive.
- Eight hugs per day to maintain oneself at a strong emotional level.
- Twelve hugs per day to grow and become a better person.

For those who aren't always comfortable with the traditional hug, you should at least try one of the other following forms of Hugs:

A kind word.

A touch.

A loving smile.

A "Thank you!"

A "Forgive me."

A "Can I help you?"

A "I'm Sorry."

And anything else you can do to make a person feel good about him or herself.

#1 -Never wait until tomorrow to hug someone you could hug today, because when you give one, you get one right back your way !

#2 \_There are hugs that say I like you . . .

And I hold your friendship dear.

There are hugs that say "Good Going,"

You deserve a great big cheer!

There are hugs that say "Goodbye,"

Good luck in all that lies ahead.  
There are hugs that say "I love you"  
When no other words are said.  
There are hugs that soothe and say to us . . .  
"You're free from cares and harms."  
The kind of hug we feel  
When God holds us within His arms.

#3 \_Hugs are warm,  
Hugs are nice,  
Hugs are ways ...  
To break the ice.

If you send me a hug,  
You won't regret;  
I'll hug you back,  
So you can't forget!

A hug is just a way to say,  
I love you in a special way;  
To tell that someone special,  
I care about you in every way.

When you shed a tender tear,  
A hug is sure to be near.  
When you're trembling in fear,  
A hug will come from someone dear.

Wrap your arms around someone near,  
In your hug ... is the circle of life;  
A new beginning to an endless day,  
A ray of hope to light your way.

Take a hug and pass it on,  
Don't save them up it can't be done.  
Share them with family and friends,  
Share them whenever you can.

A hug will make you "aahh,"  
A hug will make you "oohh;"  
A hug will make you smile,  
A hug will make you feel great.

A hug lightens up your day,  
A hug throws away your loads;  
A hug strengthens your ties,  
A hug makes you feel important.

Stop! Take a break!  
A hug is harmless.  
It only takes a little of our time,  
Why not share a hug?  
We all need a hug, don't we?

#4 \_There is no such thing as a bad hug ...  
only good ones and great ones.  
They're not fattening and they don't cause  
cancer or cavities.

They're all natural ...  
with no preservatives,  
artificial ingredients,  
or pesticide residue.

They're cholesterol-free, naturally sweet,

100 percent wholesome.

And they're a completely renewable natural resource.

They don't require batteries, tune-ups, or x-rays.

They're non-taxable, fully returnable, and energy efficient.

They're safe in all kinds of weather;

In fact, they're especially good for cold or rainy days.

They're exceptionally effective in treating problems Like bad dreams or the Monday blahs.

Hugs are free to give and free to get.

There is no minimum age requirement.

You can never get hurt by giving a hug.

You can give someone a hug at anytime ...  
day or night!

There are also many different types of hugs:

Hugs of sadness, and hugs of joy,

Loose hugs with a kiss on the cheek,  
big bear hugs,

And a pat on the back hug.

You can hug hello, and you can hug goodbye.

You can have a one-on-one hug or a

Giant pull-your-shoulders-out-of-your-socket  
group hug.

You can hug a human, you can hug a pet,

You can hug a stuffed toy, you can hug a tree,

And you can even hug yourself!

Hugs can warm you from the cold and

They can comfort you when you are scared.

You can hug while you dance and

You can hug while you sleep.

There is no time limit on giving a hug.

Hugs never go out of style.

There is no restriction on how many hugs  
you can give.

Hugs cross all racial, personality, and age boundaries.

Hugs are love, hugs are caring, hugs just feel good!  
~ Author Unknown ~

#5 \_A hug is two arms  
Wrapped around you tight,  
A hug is a squeeze  
in the middle of the night.

A hug is a sign  
Of affection and love,  
A hug is a sign  
From the heavens above.

A hug is a thing  
That everyone needs,  
When you give a hug  
You plant a seed.

The seeds of hope  
And love and joy,  
Belong to every man,  
Woman, girl and boy.  
~ Author Unknown ~

#6 \_HUGS come in every shape and size,  
And mean so many things,  
Like the hug that says, "I'm happy  
For the joy your friendship brings."

There are hugs for saying,  
"I'm so proud of all the things you do!"  
Hugs that say, "There's no one else  
In all the world like you."

There are gentle hugs and tender ones  
For feelings that are sad;  
Hugs that say, "I'm sorry,"  
When someone's feeling bad.

There are hugs for all occasions,  
And reasons big and small;  
Tiny hugs and big bear hugs ...  
Short to extra tall!

But the nicest hug is one that says,  
"I'm always thinking of you;"  
The special kind this brings your way ...  
The hug that says,

"I LOVE YOU All"!!!!!!!!!!!!