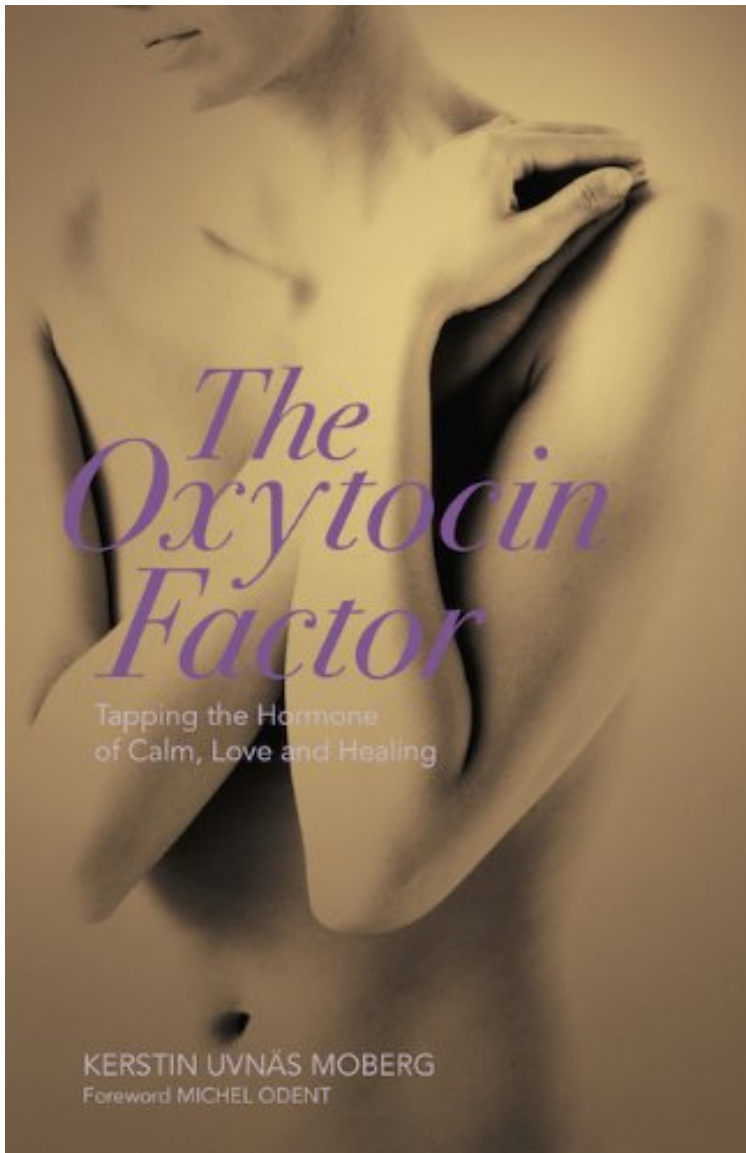


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The Oxytocin Factor: Tapping the Hormone of Calm, Love and Healing (English Edition)



Par Kerstin Uvnäs Moberg
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Prsentation de l'diteurIn recent years there have been exciting scientific discoveries about a hormone whose amazing role in the human body has long been neglected. Oxytocin is the powerful hormone involved in bonding, sex, and childbirth, as well as in relaxation and feelings of calm. It is the mirror image of the stress hormone adrenaline, which triggers the fight or flight systems in the body. Much has been written about the latter, but the many-sided importance of oxytocin is at this point known only to those working in obstetrics and physiology and to some psychiatrists.The Oxytocin Factor is the first book to reveal the importance of

the whole oxytocin system for a general audience. Both the new research findings and the potentially beneficial applications of this hormone in reducing anxiety states, stress, addictions, and problems of childbirth are fascinating and of great significance in all our lives. Revue de presse A fascinating look at the roles of oxytocin - not only in breastfeeding and childbirth, but also in eating, socialising, and sex. -- Mothering A pleasure to read. -- Journal of Midwifery and Women's Health Presentation de l'auteur In recent years there have been exciting scientific discoveries about a hormone whose amazing role in the human body has long been neglected. Oxytocin is the powerful hormone involved in bonding, sex, and childbirth, as well as in relaxation and feelings of calm. It is the mirror image of the stress hormone adrenaline, which triggers the fight or flight systems in the body. Much has been written about the latter, but the many-sided importance of oxytocin is at this point known only to those working in obstetrics and physiology and to some psychiatrists. The Oxytocin Factor is the first book to reveal the importance of the whole oxytocin system for a general audience. Both the new research findings and the potentially beneficial applications of this hormone in reducing anxiety states, stress, addictions, and problems of childbirth are fascinating and of great significance in all our lives.