



# To Touch Is To live: The Need for Genuine Affection in an Impersonal World

*Mariana Caplan Ph.D.*

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For babies to develop normally, they must be touched. Adults, too, thrive when touch is a normal part of their each day: a reassuring handshake, a sympathetic hug, a healing massage. But how often do we permit ourselves or others these simple forms of contact: physical touch, our emotional presence, spiritual communion? We need to get more in touch--closer to who we really are as a species, and in ways that support our highest human potential. Touching can be communication, friendship, kindness, service, or love for God. Topics include: \* The highest human need \* The roots of violence and abuse. \* Acquisitions: a substitute for touch \* Healing through touch. \* A healthy model of sexuality. \* Touch as a context for our lives. Foreword by Ashley Montagu.

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