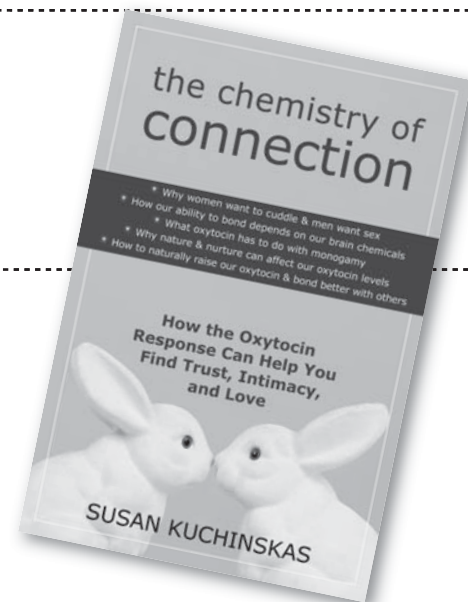


THE CHEMISTRY OF CONNECTION

How the Oxytocin Response Can Help You Find Trust, Intimacy, and Love

SUSAN KUCHINSKAS



About the Author

Susan Kuchinkas is a journalist with more than fifteen years of experience who has published thousands of articles on science, technology, and culture. Her work has appeared in Time, Wired, and many other publications. She lives in Berkeley, CA.

Visit her oxytocin blog online at:

www.hugthemonkey.com.



Understanding the importance of “the cuddle hormone” in human relationships.

There *is* a secret to love. Whether it is the love you feel for your partner, for your child, or even your family pet, the root of all love is this: *oxytocin*.

In *The Chemistry of Connection* author Susan Kuchinkas explains how oxytocin, a hormone produced by the pituitary gland, is released when we’re physically or emotionally intimate with someone. Sometimes referred to as “the cuddle hormone” oxytocin, Kuchinkas explains, “is responsible for making us feel loved and secure.”

So when we make love, when we’re stroked, or when we spend time with close friends, our bodies respond by producing pulses of oxytocin. The oxytocin floods our bodies with feelings of connection, trust, and contentment. Researchers believe that this natural, powerful “love drug” plays an important role in all human social relationships.

Kuchinkas presents new information about how brain chemistry affects our platonic and intimate relationships and explains how oxytocin research can help us understand the psychological differences between men and women.

The Chemistry of Connection goes beyond detailing the biochemistry of love to include practical tips and guidance to help readers increase their natural oxytocin levels in order to develop deep human connections with friends as well as with romantic partners.

“In The Chemistry of Connection, Susan Kuchinkas helps her readers understand important aspects of how oxytocin enhances relationships, and more importantly, how to navigate some of the obstacles we encounter on the often rocky road to love.”

— **Barton Goldsmith, Ph.D.**, author of *Emotional Fitness for Couples* and *Emotional Fitness for Intimacy*

PUBLICITY CONTACT: Earlita Chenault

Tel. 510-652-0215, ext. 6142 / earlita@newharbinger.com

Online Media Contact: Adia Colar at ext. 6107/
adia@newharbinger.com

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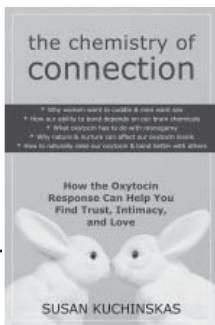
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Interview Questions

1. What are some of the main players in your book? What parts of the brain and brain chemicals are you discussing and what are their primary functions?
2. What is oxytocin, and why is it that it has only very recently garnered interest in the scientific community?
4. Romance, love, and lust are proved distinct from one another in your book. How are they different, and why do you think it's important that the distinction is made?
5. Many would argue (often in their own defense) that humans are not meant to be monogamous. What is the Coolidge effect, and what does it mean for monogamous mammals?
6. Why do you think the neurochemistry of sex should be included in sex education?
7. How can someone beneficially manipulate his or her oxytocin response?

Raves

"This book is full of fascinating information about the biology of attachment. It uses the newest data from psychology, neuroscience, and molecular biology to explain how we love, why we sometimes can't, and how to develop this deep human capacity by understanding oxytocin. I learned a lot about myself and the people I love."

— **Helen Fisher**, professor at Rutgers University and author of *Why We Love*

"*The Chemistry of Connection* is a beautiful book about how to nurture lasting love between ourselves, our mates, and our children. Kuchinskas gives readers essential information about connection and bonding. She helps readers understand the brain chemistry behind who we are."

— **Michael Gurian**, author of *The Wonder of Girls* and *What Could He Be Thinking?*

"*The Chemistry of Connection* is a marvelous book. It brings the science of oxytocin into the service of love in an engaging and practical way. Anyone who wants to understand and improve his or her relationships should read it."

— **Paul J. Zak, Ph.D.**, professor and director of the Center for Neuroeconomic Studies at Claremont Graduate University, discoverer of the relationship between oxytocin and trust

"We know intuitively that hugging and cuddling are not just good for you, but essential ingredients to well-being. This book explains why. Read it to learn how to get more nurturing connection in your life."

— **Reid Mihalko and Marcia Baczynski**, creators of Cuddle Party

Excerpt

"Oxytocin floods our bodies with feelings of connection, trust, and contentment. This neurochemical is released during orgasm, creating that lovely afterglow. It travels through the bloodstream as it rouses the pleasure center of the brain when we're stroked, when we're physically close with loved ones, and even when we share time with close friends."

Oxytocin is the secret to forming committed relationships, turning lust into long-lasting love. The oxytocin bond is the basis for lifelong relationships of all kinds: between parent and child, two siblings, or even two close friends. Oxytocin lets you live happily with a life partner. It keeps you up all night with a colicky baby. It makes you glad to donate a kidney to your sister."

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