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Sommario/riassunto	This Springer essential aims to present the various research branches on the topic of hugging and to unite them in a multidisciplinary perspective. Hugs are an important part of close social relationships and, according to current research, can positively contribute to mental and physical health. The research interest in the scientific exploration of hugging has increased significantly in various disciplines in recent years. The Content From Self-Hugging to Group Hugging: Forms of Embraces From Hormones to Neurons: The Neuroscientific Perspective

on Embraces The Influence of Culture and Gender on Embraces How Embraces Can Help Regulate Stress Do Embraces Have an Effect on Physical Health? Embraces in the Animal Kingdom and the Evolution of Embraces The Future of Embrace Research Target Audience Students and PhD candidates in Neuroscience and Psychology Practitioners in healthcare professions, enthusiasts interested in the topic The Author Prof. Dr. Sebastian Ocklenburg is a Professor of Research Methods in Psychology at MSH Medical School Hamburg and conducts research on the psychological significance of social touches. The translation was done with the help of artificial intelligence. A subsequent human revision was done primarily in terms of content. This book is a translation of an original German edition. The translation was done with the help of artificial intelligence (machine translation by the service DeepL.com). A subsequent human revision was done primarily in terms of content, so that the book will read stylistically differently from a conventional translation.

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