



## The Oxytocin Factor: Tapping the Hormone of Calm, Love and Healing (Paperback)

By Kerstin Uvnas-Moberg

Pinter Martin Ltd., United Kingdom, 2011. Paperback. Condition: New. 2nd edition. Language: English . Brand New Book. 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.



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### Reviews

*Simply no words and phrases to clarify. It really is full of knowledge and wisdom You wont feel monotony at at any moment of the time (that's what catalogs are for relating to when you question me).*

-- **Paolo Spinka**

*An incredibly amazing book with perfect and lucid information. I was able to comprehend everything using this written e book. I realized this book from my dad and i advised this ebook to understand.*

-- **Hank Ruecker DDS**