



The Oxytocin Factor: Tapping the Hormone of Calm, Love and Healing (2nd edition)

By Kerstin Uvnas-Moberg, Michel Odent

Pinter & Martin Ltd. Paperback. Book Condition: new. BRAND NEW, The Oxytocin Factor: Tapping the Hormone of Calm, Love and Healing (2nd edition), Kerstin Uvnas-Moberg, Michel Odent, 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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