Society tells us that sex is an act of self-expression, a personal choice for physical pleasure that can be summed up in the ubiquitous phrase: “hooking up.” Millions of American teenagers and young adults are finding that the psychological baggage of such behavior is having a real and lasting impact on their lives. They are discovering that “hooking up” is the easy part, but “unhooking” from the bonds of a sexual relationship can have serious consequences.

A practical look into new scientific research showing how sexual activity causes the release of brain chemicals which then result in emotional bonding and a powerful desire to repeat the activity. This book will help
parents and singles understand that “safe sex” isn’t safe at all; that even if they are protected against STDs and pregnancy, they are still hurting themselves and their partner.

Features:
* ISBN13: 9780802450609
* Condition: NEW
* Notes: Brand New from Publisher. No Remainder Mark.

**Personal Review: Hooked: New Science on How Casual Sex is Affecting Our Children by M.D. Freda McKissic Bush**
I've been working with adolescents and young couples before they get married, I've seen in the past a straight correlation between divorce and a previous casual sex tendency versus marriages that last for years and a previous chastity. This book gives a scientific evidence that might explain in a better way the reasons why our young sons and adolescent should wait and also shows us the importance of sexual abstinence.

Normally governments are worried about unexpected pregnancies and STD among young people, and a tendency to solve these problems thru use of contraceptive methods, day after pills or condoms, but there is another issue of equal importance, which has to do with how our brain, which is in reality our CPU and our most important sexual system, which is molded by our behavior thru its neurochemicals such as oxytocins, vasopressin, dopamine, testosterone, estrogen, and others. Fact is that we don't know very much on our brain structure and how it works, and just recently we are getting the notion that when we get involved with someone of the other sex and arouse sexual desires, our brains will trigger certain bonding mechanism which is very powerful and important when we are dealing with marriage. But this same mechanism will be triggered also by casual sex, and when we end the relation, we are also damaging this bonding mechanism, which might explain why people that gets to marriage after having many sexual partners in the past, will have much problems in keeping its marriage intact.

It's a very interesting book, specially for parents of adolescents. There is a very important influence from parents to its sons and this book will certainly help them understand their very important role in what has to do to his adolescent sons behavior.

Great book, easy to read and a real help

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