



# The Chemistry of Connection: How the Oxytocin Response Can Help You Find Trust, Intimacy, and Love

*Susan Kuchinskas*

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## **The Chemistry of Connection: How the Oxytocin Response Can Help You Find Trust, Intimacy, and Love** Susan Kuchinskas

When you make love, cuddle with a partner, or have coffee with close friends, a powerful brain chemical called oxytocin floods your body with feelings of contentment and trust. This natural "love drug," produced by the hypothalamus, is responsible for human bonding in both platonic and intimate relationships, and is the key to many of the psychological differences between men and women. In **The Chemistry of Connection**, you'll learn easy ways to increase your natural supply of oxytocin to establish deeper connections with family, friends, and romantic partners.

You'll discover:

- The power of oxytocin, known as the cuddle hormone, in relationships
- How sex and love are deeply entwined for both women and men
- The chemical differences between lust, romance, and love
- How to raise children who trust and love in a healthy way

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