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Free Hugs: Empathy, Connection And Transformation Through Hugging



Synopsis

A hug is a simple but profound gesture that can express care, connection, and love. Free hugs is a global movement started by Juan Mann in 2006 through a viral YouTube video, and people around the world have been hugging on the street since. Free hugs can shift deeply held beliefs about the nature of the world and people, it brings joy and physical well-being, it brings more genuine connection in our disconnected, tech filled lives. Rossi Dimitrova loves hugs and has been a free hugger and photographer for 9 years, both hugging and documenting the Free Hugs movement in Chicago. This book is the result of Rossi's journey of hugging and transformation through thousands of hugs with strangers on the street. Rossi is also building a local and global community of huggers - people who care about others, who want to share their passions in a sustainable way, who want to connect empathically and authentically with like minded people and collaborate on making the world more caring.

Book Information

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Customer Reviews

Whether or not you are a lifelong hugger as I am, I believe you will be touched and deeply inspired by this book. A picture is worth a thousand words, and the photographs in this book are so expressive - and there is the added bonus of words that inspire, inform, educate and open the heart. If you just need to be uplifted and have your heart warmed, if you have seen or heard of "Free Hugs" and wondered what it was all about, how you could get involved or if it was for you, or if you are looking for that perfect gift for someone who has impacted your life in a powerful way, this is the

book for You.

I love it! This gorgeous book is filled with heart-opening energy and love. I appreciate the work and commitment that was put into this project, capturing those beautiful souls who participated in the free hugs events. The book is uplifting and inspiring...and it helps to raise the vibrations and expand consciousness in our world, which is SO NEEDED right now! It is a powerful reminder that we need each other and that love is the medicine that heals all.

Moving photographs with compelling stories of people who give and receive free hugs as part of the movement started by a 2006 video on myspace. You can't help but smile when you read/look through this book.

What can I say? In a time when the human embrace is all too scarce and all too necessary, a free hugging movement is a shining light. A BOOK with photos as glittering and filled with light and love such as Rossi Dimitrova's, brings the light right to our eyes and hearts. Reading and viewing this book is, frankly, like being hugged. Rossi captures the nuances of human vulnerability and the healing powers of hugging in a way that only the most empathic human can. Don't miss this book!

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