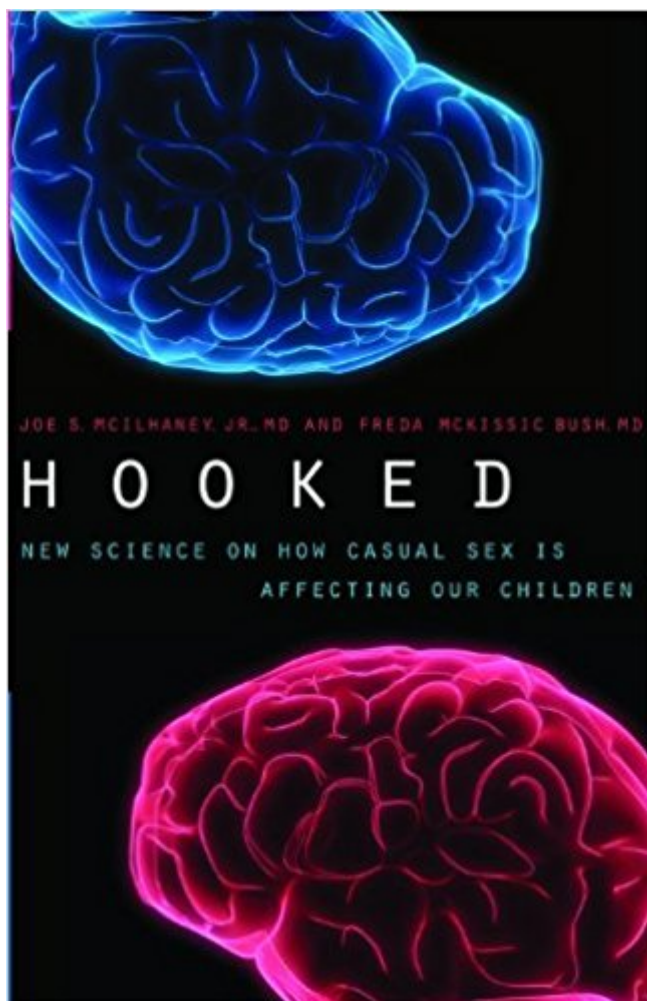


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# Hooked: New Science On How Casual Sex Is Affecting Our Children



## Synopsis

“I had no idea having sex as a teenager could affect the rest of my life.” What does a three-pound brain have to do with one’s sex life? A lot, actually. Breakthroughs in the burgeoning field of neuroscience explain the impact of sex on the developing brains of adolescents and young adults. Through scientific data put in layman’s terms, this book demonstrates that: Sexual activity releases chemicals in the brain, creating emotional bonds between partners. Breaking these bonds can cause depression and make it harder to bond with someone else in the future. Chemicals released in the brain during sex can become addictive. The human brain is not fully developed until a person reaches their mid-20s. Until then, it is harder to make wise relationship decisions. Parents and others who care about young people now have the facts to steer them away from making life-changing mistakes, and lead them toward reaching their full potential. 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.

## Book Information

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## Customer Reviews

“Today, thanks to breakthroughs in neuroscience research techniques, scientists have been able to literally view the activity of the brain as it functions. With state-of-the-art mapping and imaging tools, researchers have unlocked a new world of data on what happens between your ears each day. In addition, new methods of tracking brain chemicals have allowed scientists to understand when and how much of these chemicals are released and how they influence behavior. We now have scientific studies about brain function and sexual thoughts and behavior that are not only

fascinating but are true breakthroughs in our understanding of ourselves and the intriguing part of our behavior called sex. And yes, this new science does establish once and for all that more happens during sex than physical activity or the transfer of secretions, sperm, or germs. What we now know from science is what some have been saying for yearsâthat the largest and most important sex organ is the brain. In fact, the brain itself is being molded by sexual behavior.â

âFrom Hooked

âI had no idea having sex as a teenager could affect the rest of my life.â

•What does a three-pound brain have to do with oneâs sex life? A lot, actually. Breakthroughs in the burgeoning field of neuroscience explain the impact of sex on the developing brains of adolescents and young adults. Through scientific data put in laymanâs terms, this book demonstrates that:â

- â Sexual activity releases chemicals in the brain, creating emotional bonds between partners.
- â Breaking these bonds can cause depression and make it harder to bond with someone else in the future.
- â Chemicals released in the brain during sex can become addictive.
- â The human brain is not fully developed until a person reaches their mid-20s. Until then, it is harder to make wise relationship decisions.

Parents and others who care about young people now have the facts to steer them away from making life-changing mistakes, and lead them toward reaching their full potential.â

It raised great questions for conversations and has helped me think more holistically about the physical, emotional and relational aspects of life. However I wanted more case studies or at the least more explanation on the case studies that were notated. I like the book but I was left wanting a bit more depth.

As a parent of 2 daughters, Pastor and Addictions counselor, this book provides tremendous information for every aspect of my life. I have recommended and taught from this book. I have seen changed lives as a result. I highly recommend Hooked to be read, studied and shared.

This is actually an interesting book. Thought they stopped a bit short on really digging in to some things, but a great book for those trying to understand the other side to the science of sex.

Very helpful!

In our present media and popular culture, much is being said and believed about human sexuality

(especially for and by those under 25) that psychologically and emotionally is not real and not true. Amid all of the popular agendas and hype, HOOKED can give you some objective facts about our human body and psychology concerning sex without marriage. Most people know little about the roles of oxytocin and vasopressin. Scientists are now beginning to see and understand the effects of sexual involvement that can last a lifetime. Sex can and should be a positive experience. It should be the intimate interaction between two persons who care for each other. (p.18)The messenger chemical Dopamine makes a person feel good when he or she does something exciting or rewarding. But the beneficial effect of dopamine for the married couple is that it "addicts" them to sex with each other. Another neurochemical that is critically important to healthy sex and bonding is Oxytocin. While it is present in both genders, it is primarily active in females. (p. 35)When a couple is involved in even a short-term relationship and breaks up and then each moves on to a new sexual partner, they are breaking an oxytocin bond that has formed. This severing of the bond explains the incredibly painful emotions people often feel when they break up. Vasopressin seems to have two primary functions related to relationships--bonding of the man to his mate and attachment to his offspring. Due to the remarkable structural similarity between oxytocin and vasopressin, it should come as no surprise that these two neurochemicals share similar activity. Often referred to as the "monogamy molecule," vasopressin seems to be the primary cause of men attaching to women with whom they have close and intimate physical contact. The longer people are together, the stronger their bond can become. When that bond is broken, more damage is done than simply the loss of the relationship. The neurochemical imprint of that sexual experience remains, often for many years, impeding the very bonding process that leads to future healthy relationships. (p. 77)HOOKED is well worth purchasing and reading, especially for the price that I received at .

This book has terrific content and for those who want to learn about this topic or wonder how to teach their children, peers or anyone about sex before marriage. A magnificent learning/teaching tool! In short, the book describes what Sex really is, what counts as Sex according to the brain and then explains all the psychological and emotional repercussions on the brain as a consequence to any kind of sexual activity. Every statement is supported with facts and stats and this is another huge argument as to why we should wait to be involved in sexual activity until we're in a truly lifelong relationship (usually only found in marriage). This book does not talk about God, or faith. Every argument is purely scientific and based on statistics and recent studies. A little preview. Reasons to remain Abstemious: 1.- Possible Sexually Transmitted Disease (as of 2008 more

than 70 million americans were living with some kind of sexually transmitted infection and each year, a whopping 19 million new cases are contracted)2.- Possible Pregnancy3.- The REAL Psychological and Emotional Risks one takes while having "casual sex" (there's no condom or contraceptive for protecting the influences of sex on the brain) backed up with results from recent studies. This book is the real deal and it is a great tool for parents, teachers and religious people who'd like to have more arguments as to why we should be abstinent outside of marriage. It scientifically shows how and why we are made to share this part of our lives with only one person. We were created that way. HIGHLY RECCOMENDED!

The information in this book is used in a class setting. It's changing lives.

Excellent read; very insightful, easy to understand, backed by research.

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