



Touch: The Science of Hand, Heart, and Mind

David J. Linden

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The *New York Times*–bestselling author of *The Compass of Pleasure* examines how our sense of touch is interconnected with our emotions

Dual-function receptors in our skin make mint feel cool and chili peppers hot. Without the brain's dedicated centers for emotional touch, an orgasm would feel more like a sneeze—convulsive, but not especially nice. From skin to nerves to brain, the organization of our body's touch circuits is a complex and often counterintuitive system that affects everything from our social interactions to our general health and development.

In *Touch*, neuroscientist and bestselling author David J. Linden explores this critical interface between our bodies and the outside world, between ourselves and others. Along the way, he answers such questions as: Why do women have more refined detection with their fingertips than men? Is there a biological basis for the use of acupuncture to relieve pain? How do drugs like Ecstasy heighten and motivate sensual touch? Why can't we tickle ourselves? Linking biology and behavioral science, *Touch* offers an entertaining and enlightening answer to how we feel in every sense of the word.

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