

Body Language Touching Stomach



Decoding the Message: What Does Touching Your Stomach Really Mean?

Have you ever noticed someone subtly touching their stomach during a conversation? This seemingly insignificant gesture can actually reveal a wealth of information about their inner state. Understanding body language, particularly nuanced actions like stomach touching, can significantly improve your communication and interpersonal skills. This comprehensive guide dives deep into the meaning behind stomach touching, exploring the various contexts and subtle variations that can influence its interpretation. We'll examine the different scenarios where this gesture might appear and offer practical insights into how to better understand and respond to it. Get ready to unlock the secrets hidden within this often-overlooked aspect of non-verbal communication.

Body Language Touching Stomach: Common Interpretations

The act of touching your stomach can signify a range of emotions and physical sensations. It's not a single, universally understood signal, but rather a gesture that gains meaning from its context and accompanying cues.

Feeling Nervous or Anxious

One of the most common reasons people touch their stomach is anxiety. This often manifests as a

subtle, repetitive stroking or patting motion. The gesture can be a subconscious attempt to self-soothe, a way to provide a sense of comfort and security during a stressful or uncertain situation. Consider the environment – a job interview, a first date, or a tense meeting – and the person's overall demeanor. If accompanied by fidgeting, sweating, or rapid speech, stomach touching likely indicates nervousness.

Hunger or Discomfort

Sometimes, the simplest explanation is the best. Touching the stomach might simply indicate hunger or physical discomfort. A rumbling stomach might prompt a hand to instinctively rest upon it, or a mild ache could elicit a gentle touch. In these scenarios, the gesture is direct and straightforward, lacking the subtle nuances often associated with emotional expressions.

Protecting the Vulnerable Area

Our stomach is a vulnerable area. Touching it can be a subconscious protective mechanism, particularly during uncomfortable conversations or confrontations. This is often a more subtle gesture, perhaps a slight hand placement over the stomach, offering a sense of shielding or self-protection. The context is crucial here; observe whether the person seems defensive or withdrawn.

Self-Consciousness or Embarrassment

Touching the stomach can also be linked to feelings of self-consciousness or embarrassment. This might be a subconscious attempt to minimize attention to the abdomen, perhaps if the person feels self-conscious about their appearance or feels bloated or uncomfortable. The gesture may be accompanied by blushing, downcast eyes, or avoiding eye contact.

Decoding the Nuances: Context is Key

The interpretation of stomach touching is heavily reliant on context. Several factors need consideration:

The Duration and Intensity of the Touch

A fleeting touch is often less significant than a prolonged and repetitive gesture. The intensity of the

touch – a gentle caress versus a firm press – also contributes to the meaning.

Accompanying Body Language

Observe the overall body language. Is the person leaning forward, engaged, or withdrawn and defensive? Are their shoulders relaxed or tense? Combining stomach touching with other nonverbal cues provides a more accurate picture.

The Social Setting

The environment plays a crucial role. A casual setting might suggest hunger, while a formal setting might indicate nervousness or discomfort.

The Person's Usual Behavior

Understanding a person's baseline behavior is vital. Someone who regularly touches their stomach might not be exhibiting anything unusual, while someone who rarely does so might be signaling distress.

How to Respond to Stomach Touching

Responding appropriately depends on your understanding of the context and your relationship with the person. Offering support and understanding is key if you suspect anxiety or discomfort. If it seems related to hunger, offering food or drink might be appropriate. Avoid drawing attention to the gesture unless you are close to the person and have a strong understanding of their communication style.

Conclusion

Understanding body language, including the seemingly minor act of stomach touching, can enrich your interpersonal interactions. By carefully considering the context, accompanying cues, and the individual's usual behavior, you can gain valuable insights into their emotional state and better respond to their needs. Remember, observation and mindful awareness are essential tools in deciphering these subtle nonverbal signals.

Frequently Asked Questions (FAQs)

Q1: Can stomach touching indicate deception? While not a definitive indicator of lying, it can be one piece of the puzzle when considering deception alongside other nonverbal cues like avoiding eye contact or fidgeting.

Q2: Is stomach touching always a negative sign? Not necessarily. It can also indicate comfort or simply a physical sensation like hunger.

Q3: How can I improve my ability to read body language? Practice observing people in various settings and try to understand the context of their actions. Resources like books and online courses can also help.

Q4: Is there a difference between men and women touching their stomachs? While the core interpretations remain similar, cultural norms and societal expectations might subtly influence the expression and interpretation of the gesture between genders.

Q5: What if I notice someone constantly touching their stomach? If this behavior is persistent and accompanied by other signs of distress, it may be beneficial to offer support or suggest they seek professional help if appropriate.

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“Discovering Body Language (DBL): For Your EYES Only” is a classic; it gives a timeless message about the use of body language in different circumstances. The book surmises both the positive and negative messages that people portray through the course of conversation. The aim of this book is to sharpen your eyes to see the hidden. A lot of people do not know the signs of deception even if they are glaring and that is why such individuals fall prey of unwanted circumstances. If you make this book your companion, then it becomes your inner sight to have a thorough understanding of people’s thoughts and intents towards you. This book only discusses an aspect of the areas covered in *The Encyclopedia of Body Language*, a best-seller by the author. In the latter, the author holistically x-rayed all aspects of body language and readers can convert body language knowledge to profit. It is a book that sets captives of communication free. The greatest giveaway of this book is that you will know how to read body language effectively. The author does not offer limited knowledge here. Rather, he gives every reader the master key to make informed decisions by listening to the body language of their co-interlocutors.

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body language touching stomach: Encyclopedia of Body Language Alan Elangovan, 2020-10-06 Embarking on the need to have an encyclopedia of body language was a task nursed for years and stirred fear in me for many reasons. First, it was pictured to be a novel project which would surpass the yearnings of people in the field. And also, the structure which it was to take was another daunting issue. However, all these issues only spurred me into bringing out quality work, one that would stand the test of time and cause a turning point in the life of every reader. This book adopts a unique structure of research; its perfect combination of raw knowledge and scholarly findings from across the world makes it stand out from other texts. The book reels out how to relate with people and understand their behaviors through nonverbal acts. It considers all the attributes of

human body parts while communicating with others. However, before you can understand others, there is a need to understand yourself first. This is another aspect that this encyclopedia delves into; it explains ways in which you can maintain a charming and result-oriented posture in order to command respect from others during any given discourse. This is a potential tool you need to apply in order to make others open to you. This book explains ways in which you can fish out someone who is trying to play on your intelligence through their body language. In conclusion, this book gives a practical outline of how to activate the subconscious and conscious brains in working in tandem in order to understand the intents of co-interlocutor.

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Raised eyebrows, rubbing one's chin, angled shoulders - what's it all mean? Master the art of nonverbal communication and you'll unlock these secrets and more. Body Language and Lying is your quick course in interpreting body language so you can spot a liar without a second thought. Now you'll know exactly when someone's lying - without them having to say a word.

body language touching stomach: Aro - Healing Touching Lives - Theories, Techniques and Therapies Lynette Barnard, 2014-07-14 CHAPTER 1: Definition and Outline OVERVIEW The Founding History of Aro-healing MASSAGES, THERAPIES, TREATMENTS Governing Bodies, Mission and Company Profile The Role of Massage, The Aro-healing Technique The Role of Touch, The Aro- Touch Technique, Aro-Reflex Stimulation Therapy What is Aro-healing, Advantages of using Aro-health massages Professional Massages Significance of Aro-healing Contents for Chapter 2: Whole Medical Systems Influencing the Body, Influencing the Mind, History of Massage, Massage Therapy, Massage as a way of relieving stress Different Types of Massage Therapies Different Types of Massage and Touch Therapy Techniques Therapy Discussion: Aromatherapy, Essential Oils (100 percent pure) Reflexology, How does it work, Can Reflexology do any harm Traditional Thai foot massage, Do you do traditional Thai foot massage, Possible reactions, Contraindications Acupressure, Acupressure is part of a Traditional Chinese System of Medicine Whole Medical Systems: In which Category does it Belong? 3 Categories. Conventional Medicine, Complementary and Alternative Medicine and Whole Medical Systems. Whole Medical Systems: Acupuncture, The difference between acupuncture and acupressure, Acupuncture facts Ayurveda, Ayurveda mind and body type, Ayurvedic massage, Ayurvedic Oils and Medicines Traditional Chinese Medicine (TCM), Chinese Materia Medica, The diagnostic tools differ from those of conventional medicine Herbalism Herbology (Phytotherapy), Anthropology of Herbalism Naturopathy, 6 principles form the basis of Naturopathy, Natural treatment approaches; Homeopathy, Regulation of Homeopathic Treatments, Side Effects and Risks; Aro-healing Revised Complimentary Therapy (ARC), Aro-Technique Products and Product Ranges, Oils used by Aro-healing Therapy Discussions for Chapter 2: Aromatherapy is an ancient healing art which uses essential oils Reflexology An alternative medicine method Traditional Thai foot massage Based on Traditional Chinese massage of the feet Acupressure An ancient Chinese technique based on the principles of Acupuncture Acupuncture An ancient Chinese technique that works by releasing the body's vital energy, known as Chi Ayurveda In India, Ayurvedic medicine has complex formulas to balance Vata, Pitta or Kapha Traditional Chinese Medicine (TCM) Uses a number of therapeutic approaches such as acupuncture and moxibustion, herbs and other natural products, and massage Herbalism Herbology (Phytotherapy) The study and use of medicinal properties of plants and plant extracts Naturopathy Ancient and modern therapies from other traditions Homeopathy A complete system of medical theory and practice Aro-healing Revised Complimentary Therapy (ARC) Aro-healing, Aro-healing Massage Therapy Contents for Chapter 3: Aro-Technique Products Why is an Aro-Technique Product different from other products; What does 'cold pressed' or 'first cold compressed' mean; Benefits of using ARO-TECHNIQUE PRODUCTS The Role of Aro-Technique Products and Product Ranges: Discussions from Newsletters; DEMONSTRATIONS AND DISCUSSIONS AT LAUNCHES AND PROMOTIONS The Role of 100 Percent Pure Aromatic Essential Oils; The Role of Aromachology and Somatology; Aromachology and Aromatherapy both promote the positive effects of fragrance on mood How to use essential oils; MASSAGE AROMATHERAPY, MEDICAL AROMATHERAPY, OLFACTORY AROMATHERAPY and

COSMETIC AROMATHERAPY The Aro-Recipe Specimen; (All Aro-Technique Products and Product Ranges are trademarked The Role of the Website Presence; Aro-Technique Products that can be ordered through Aro-healing's website: (<http://www.aro-healing.com>); Website Products Online Shop; Review: Permonlie Anti-wrinkle Cream - Guide on available anti-wrinkle products Massage Oils Other Massage Oils General information on facial massage Nappy rash Customer Reviews Definitions of barrier cream Usage - Key Points How do I tr

body language touching stomach: The Only Book You'll Ever Need - Body Language Shelly Hagen, David Givens, 2012-04-01 These are handy, accessible books that provide literally all the information you need to know to gain a new hobby or understand a difficult topic. It's believed that over 50 per cent of human communication is lost without body language. However, this book is your ticket to understanding people, whether at home, work or even on a date! It includes everything from how to detect a liar, display self-confidence, identify hostile or aggressive behaviour and even digital and online body language. Is my boyfriend telling me the truth about where he was last night? How can I show my boss that I'm ready for a promotion? Let the body language experts show you how.

body language touching stomach: Body Language For Dummies Elizabeth Kuhnke, 2015-06-29 The complete guide to mastering the art of effective body language Body Language For Dummies is your ideal guide to understanding other people, and helping them understand you. Body language is a critical component of good communication, and often conveys a bigger message than the words you say. This book teaches you how to interpret what people really mean by observing their posture, gestures, eye movements, and more, and holds up a mirror to give you a clear idea of how you're being interpreted yourself. This updated third edition includes new coverage of virtual meetings, multicultural outsourcing environments, devices, and boardroom behaviours for women, as well as insight into Harvard professor Amy Cuddy's research into how body language affects testosterone and cortisol, as published in the Harvard Business Review.. Body language is a fascinating topic that reveals how the human mind works. Image and presentation are crucial to successful communication, both in business and in your personal life. This book is your guide to decoding body language, and adjusting your own habits to improve your interactions with others. Become a better communicator without saying a word Make a better first (and second, and third...) impression Learn what other people's signals really mean Transform your personal and professional relationships Realising what kind of impression you give is a valuable thing, and learning how to make a more positive impact is an incredibly useful skill. Whether you want to improve your prospects in job seeking, dating, or climbing the corporate ladder, Body Language For Dummies helps you translate the unspoken and get your message across.

body language touching stomach: The Definitive Book of Body Language Barbara Pease, Allan Pease, 2008-11-12 Available for the first time in the United States, this international bestseller reveals the secrets of nonverbal communication to give you confidence and control in any face-to-face encounter—from making a great first impression and acing a job interview to finding the right partner. It is a scientific fact that people's gestures give away their true intentions. Yet most of us don't know how to read body language- and don't realize how our own physical movements speak to others. Now the world's foremost experts on the subject share their techniques for reading body language signals to achieve success in every area of life. Drawing upon more than thirty years in the field, as well as cutting-edge research from evolutionary biology, psychology, and medical technologies that demonstrate what happens in the brain, the authors examine each component of body language and give you the basic vocabulary to read attitudes and emotions through behavior. Discover: • How palms and handshakes are used to gain control • The most common gestures of liars • How the legs reveal what the mind wants to do • The most common male and female courtship gestures and signals • The secret signals of cigarettes, glasses, and makeup • The magic of smiles—including smiling advice for women • How to use nonverbal cues and signals to communicate more effectively and get the reactions you want Filled with fascinating insights, humorous observations, and simple strategies that you can apply to any situation, this intriguing

book will enrich your communication with and understanding of others—as well as yourself.

body language touching stomach: American Sign Language For Dummies with Online Videos

Adan R. Penilla, II, Angela Lee Taylor, 2016-11-11 Grasp the rich culture and language of the Deaf community To see people use American Sign Language (ASL) to share ideas is remarkable and fascinating to watch. Now, you have a chance to enter the wonderful world of sign language. American Sign Language For Dummies offers you an easy-to-access introduction so you can get your hands wet with ASL, whether you're new to the language or looking for a great refresher. Used predominantly in the United States, ASL provides the Deaf community with the ability to acquire and develop language and communication skills by utilizing facial expressions and body movements to convey and process linguistic information. With American Sign Language For Dummies, the complex visual-spatial and linguistic principles that form the basis for ASL are broken down, making this a great resource for friends, colleagues, students, education personnel, and parents of Deaf children. Grasp the various ways ASL is communicated Get up to speed on the latest technological advancements assisting the Deaf Understand how cultural background and regionalism can affect communication Follow the instructions in the book to access bonus videos online and practice signing along with an instructor If you want to get acquainted with Deaf culture and understand what it's like to be part of a special community with a unique shared and celebrated history and language, American Sign Language For Dummies gets you up to speed on ASL fast.

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body language touching stomach: *Understand Body Language: Teach Yourself* Gordon Wainwright, 2010-06-25 Teach Yourself - the world's leading learning brand - is relaunched in 2010 as a multi-platform experience that will keep you motivated to achieve your goals. Let our expert author guide you through this brand new edition, with personal insights, tips, energising self-tests and summaries throughout the book. Go online at www.teachyourself.com for tests, extension articles and a vibrant community of like-minded learners. And if you don't have much time, don't worry - every book gives you 1, 5 and 10-minute bites of learning to get you started. - A bestseller, now fully updated with the very latest on body language and non-verbal communication - The only title to give you practical exercises to help you understand your own and other peoples' body language - Unlike other titles, this is not restricted to the workplace but shows you how to understand what other people are saying in every social and domestic situation - Includes the very latest on NLP and how to communicate more effectively through its use We all use body language. Over 90% of all face-to-face communication is non-verbal, and the silent messages of body language often reveal more than the spoken word in conveying true feelings. These messages are particularly significant in influencing first impressions and the self-image we project to others. Now updated for the 21st century with the very latest on NLP and other cutting edge research, Teach Yourself Body Language gives you the knowledge and understanding to be able to use and interpret body language more effectively. It includes practical exercises that will enhance your understanding of non-verbal communication, and it also explores the use of body language in personal and professional situations. All aspects of body language are covered including features of the workplace and features exhibited in an international context.

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Whether you are convincing a colleague to buy into a new initiative, pitching an important deal to a client or trying to convince your five-year-old to go to bed, you are persuading someone of something. And although we all persuade in one way or another, very few of us excel at it. This book reveals the most effective keys – and the one golden key – that can turn you into a master persuader who can influence and change the minds of others. It explores the psychological bases and reasons why the keys work and contains many fun and effective examples of how to use them. Based on well-documented research, *The Keys to Persuasion* is a fascinating and highly practical book that makes a difficult task and a complex subject concrete, accessible, lively and amusing.

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pregnancy and after birth, with quality time to acknowledge, respect, and enjoy the presence of their baby.

body language touching stomach: Fearless Speaking Gary Genard, 2014-06-10 If fear of public speaking is undermining your success, Fearless Speaking can change your life. In this groundbreaking book, Dr. Gary Genard shares his proven method for transforming your self-doubt into confidence. His easy-to-use system will help you escape the negative thinking, physical symptoms, and avoidance behavior that are holding you back. This step-by-step, personalized approach features 50 exercises that will dramatically boost your comfort level and skill in as little as 12 days. From business presentations to contributing at meetings to persuasive speaking to wedding toasts, Fearless Speaking will help you put your anxiety into perspective, turn harmful self-talk into positive thinking, and acquire the skills to become a more dynamic speaker. You'll find techniques to dramatically reduce the physical and emotional aspects of stage fright while boosting your focus and presence. Actor and speech coach Dr. Genard shows you how to grow your confidence quickly with The Fearless Speaking System, a performance-based approach that has helped thousands worldwide. You'll learn how to understand your personal fears while discovering ways to create your own success. If you've been avoiding speaking opportunities, if you dread delivering speeches, or if you have a make-or-break presentation coming up, this is the book for you. It's a self-directed course for eliminating speaking fear forever that you can learn quickly, efficiently, and effectively. Dr. Genard's exercises, many of them directly from the world of the theater, help people from all walks of life deal with issues like establishing rapport with an audience, pacing your presentations, moving and activating listeners, and other critical challenges. Don't let fear of public speaking limit your success any longer. Read the book, practice the exercises . . . and start enjoying public speaking!

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body language touching stomach: The Gus Van Sant Touch Justin Vicari, 2012-09-20 Beloved, controversial, influential, the creator of such fascinating and award-winning films as My Own Private Idaho, Good Will Hunting, Elephant, and Milk, Gus Van Sant stands among the great international directors, equally at home in Hollywood and the avant-garde. Examining his films thematically, this book finds consistency of vision in Van Sant's unique approach to cinema, which deploys postmodernist techniques such as appropriation, nonlinear narrative, and queering--not in the service of the chic but to apply an all-inclusive viewpoint to ageless tales of life, love and death. Van Sant's films are viewed through a multi-genre prism, including the work of Bruce Weber and Derek Jarman, the westerns of Sam Peckinpah, the music of the Velvet Underground and Nirvana, the fiction of Sam D'Allesandro, and especially the cut-up/collage practice of intertextual authorship

pioneered by William Burroughs.

body language touching stomach: *Resisting Her Ex's Touch* Amber McKenzie, 2014-02-01 Fighting her attraction... In-demand senior surgeon Kate Spence is at the top of her game. But now her career is hanging in the balance, and the only man who can help her is hotshot lawyer—and her oh-so-gorgeous ex—Matt McKayne! Matt might have shattered her world, but now he's her only hope. And, to protect her career, cool and controlled Kate must do the unthinkable and trust Matt again. But to protect her heart she must resist the lure of a touch that still sets her on fire...!

body language touching stomach: *The Book of Secrets* Osho, 2012-05-15 The Book of Secrets is a step by step guide to find the best meditation suitable for you. 112 methods of meditation are described and introduced here with helpful background information to give contemporary people a door to meditation. Reading this book, not only will your outlook on life change, but so will your life. If you want to know more about life and yourself this is your book. Each chapter that focuses on describing specific meditation techniques is followed by a chapter of questions from those who were present during the talks. In most cases, their questions relate to the techniques given in the previous chapter. So, as you start to experiment with a technique, it will be helpful to look into these chapters for some extra hint, some greater depth of understanding, or response to a question that might have arisen for you in your experiments.

body language touching stomach: *Scorching to the Touch* Ofelia Martinez, 2023-04-05 A powerful, billionaire rock star. A plus-size telenovela diva. A love forged from hate. Monster. That's Friedrich Hartmann. I'm his dirtiest little secret, the one who could crumble his empire of sand. He might hate me, but he can't stay away from me—or my body. He'll never forgive me for showing up in his city and risk exposing our connection publicly, but I need to say goodbye. Finally. Toxic. That's Erica Morán. We were in love before we were in hate, and we've never been able to walk away. I know the infamous man-eater is a conniving gold digger, but I'm addicted to her curvy body and couldn't stay away if it meant giving up every last penny. When she shows up to purchase me at a celebrity bachelor auction, breaking her non-disclosure agreement . . . She. Unleashes. A. War. ****Scorching to the Touch is a hate-to-lovers rock star romance with some taboo elements not suitable for all readers. Read responsibly.****

body language touching stomach: *A Touch of Crimson* Sylvia Day, 2011-10-04 From the #1 New York Times bestselling author of the Crossfire series comes the first novel in a hot-blooded paranormal romance series... Adrian Mitchell is an angel of immense power and insatiable desire. Leading an elite Special Ops unit of the Seraphim, his task is to punish the Fallen—angels who have become vampires—and command a restless pack of indentured lycans. But Adrian has suffered his own punishment for becoming involved with mortals—losing the woman he loves again and again. Now, after nearly two hundred years, he has found her—Shadoe, her soul once more inhabiting a new body with no memory of him. This time he won't let her go. With no memory of her past as Shadoe, Lindsay Gibson only knows she can't help being fiercely attracted to the smoldering, seductive male who crosses her path. Swept into a dangerous world of tumultuous passion and preternatural conflict, Lindsay is soon caught in the middle between her angel lover, her vampire father, and a full-blown lycan revolt. There's more at stake than her love and her life—this time she could lose her very soul...

body language touching stomach: *A Touch of Jen* Beth Morgan, 2021-07-13 A young couple's toxic Instagram crush spins out of control and unleashes a sinister creature in this twisted, viciously funny, bananas good story (Carmen Maria Machado). Um, holy shit...This novel will be the most fun you'll have this summer. —Emily Temple, Literary Hub Remy and Alicia, a couple of insecure service workers, are not particularly happy together. But they are bound by a shared obsession with Jen, a beautiful former co-worker of Remy's who now seems to be following her bliss as a globe-trotting jewelry designer. In and outside the bedroom, Remy and Alicia's entire relationship revolves around fantasies of Jen, whose every Instagram caption, outfit, and new age mantra they know by heart. Imagine their confused excitement when they run into Jen, in the flesh, and she invites them on a surfing trip to the Hamptons with her wealthy boyfriend and their group.

Once there, Remy and Alicia try (a little too hard) to fit into Jen's exalted social circle, but violent desire and class resentment bubble beneath the surface of this beachside paradise, threatening to erupt. As small disturbances escalate into outright horror, we find ourselves tumbling with Remy and Alicia into an uncanny alternate reality, one shaped by their most unspeakable, deviant, and intoxicating fantasies. Is this what "self-actualization" looks like? Part millennial social comedy, part psychedelic horror, and all wildly entertaining, *A Touch of Jen* is a sly, unflinching examination of the hidden drives that lurk just outside the frame of our carefully curated selves.

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primary modalities of the radiologic and imaging sciences as they relate to patient care.

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****Touch of Fate is the final book in The Collectors, a slow-burn reverse harem series.****

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she's been running away from her mother's insanity. Right when things look their worst though, Skye is helped by Mol, a pagan who becomes her true friend, and Lorri, a graceful volleyball player with whom she finds real love. From them she learns how to feel authentic emotions in a culture of poseurs and New Age charlatans. In this anti-coming-of-age novel by Bett Williams, where growing up is irrelevant, this is the best gift of all.

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