



## The Snuggle Party Guidebook: Create Deeper Friendships, Decrease Loneliness, & Enjoy Nurturing Touch Community

By Dave Wheatner

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**\*\* 2015 Indie Book Awards Finalist \*\***

Imagine a life where physical affection is readily available beyond romantic relationships. A life where you resonate with friends on a deeper heartfelt level. Dave Wheatner found snuggle events to be a life saver during a challenging life transition. This book is his way of paying it forward to you.

Some pay nearly \$1,500 for cuddle event facilitator training, or \$60 per hour for professional one-on-one cuddling. These are very valuable and important services, but not affordable or accessible to everyone.

Enter *The Snuggle Party Guidebook*, for less than \$20.

In just a few weeks, you can be hosting platonic touch-positive events, enjoying warmer friendships, and creating a supportive tribe.

Packed with the knowledge of experts from a long-established, grassroots snuggling community, this book gives you a wealth of tools:

- an explanation of what snuggle parties are and how they can help
- tips on how to attract and recruit other snugglers, even if you're a bit shy
- 25 games and educational activities to introduce others to snuggling
- ideas and tools for creating a safe, comfortable snuggling environment
- pointers on self-care and getting support, such as money and volunteers
- tips on sexuality, gender, couples/dating, and cultural diversity
- concepts and resources also relevant to one-on-one snuggling, cuddle coaching or consulting, and snuggle therapy, should you choose to branch out in other directions
- strategies for managing even some of the less common dynamics
- ways platonic snuggling can complement and enhance romantic relationships

Organized cuddle events date back to at least 2002, when a small group of visionaries in Portland, Oregon began to hold snuggle parties. Formal and

informal snuggle gatherings have since become frequent pastimes among segments of the community. But this joyful, connective way of relating remains a mystery to most people.

Immersed in a community of cuddle experts, Dave created this book. He brings you much of their wisdom, developed over many years, with his own experiences and advanced psychology training. Included are the voices of many people who have benefited from snuggle events.

This book has much to offer for anyone who desires more physical affection. It may also be useful for: those who have lost a partner due to divorce or death, those in addictions recovery who want to abstain from romantic/sexual relationships, young adults who crave physical affection but aren't ready for a romantic relationship, partners separated due to military service, those seeking support following a geographic relocation, and those in residential care settings. If you're interested in one-on-one snuggling, or in becoming a professional snuggler or cuddle buddy, you'll also find valuable information.

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### Editorial Review

#### Review

"Far more than an excellent and thorough guidebook...An inspirational work that opens delightful pathways to intimacy with oneself and others. I loved how it offers healing from limiting stereotypical gender roles, and the accompanying photos always brought a smile to my face. Don't miss this book!" - **Karla Baur, M.S.W., sex therapist and co-author of *Our Sexuality*, the best-selling college textbook**

"An easy to use guidebook on how to run snuggle events as well as a gentle description of the importance of touch for all of us. I recommend it highly!" - **Virgil Cater, R.N., founder of Opening to Love, event facilitator, Certified Spiritual Sexual Educator, Certified Tantric Educator**

"As a Professional Cuddler, I am so proud of the concepts of non-sexual touch in this book. With the tools here anyone can master touch and improve their life in a simple but profound way." - **Samantha Hess, founder of Cuddle Up to Me, author of *Touch: The Power of Human Connection***

"Want more friendly nurturing touch in your life? Dave's book can show you how to get started - and Dave, can I come to one of your snuggle parties?" - **Dr. Betty Martin, author of *Touch: Receiving, Giving, Taking, Allowing* (forthcoming), Cuddle Party board member & facilitator**

"I'm convinced that our culture's explosion of addiction is directly tied to a massive shortage of opportunities for consensual and loving touch. *Snuggle Party* is simply code for *pop-up clinic for the soul*." - **Buster Ross, MA, AASECT Certified Sexuality Counselor**

#### About the Author

**Dave Wheatner** is an award-winning author of several books on creating a better life and more sustainable world. He earned a B.A. in Psychology from Yale, an M.A. in Community Counseling from Indiana University of Pennsylvania, an M.S. in Public Policy and Management from Carnegie Mellon, and life coaching certification. He guides others to create happier and more powerful lives through his strategic life coaching practice. Dave has participated in various workshops and trainings on awareness, authenticity, sensuality, sexuality, and personal growth, and has created and co-facilitated snuggle events with Oregon Touch.

**Amy Baker** adapted and contributed many of the 25 touch-positive games and provided substantial feedback. She earned an M.A. in Transpersonal Counseling Psychology and Art Therapy from Naropa University, and offers interactive workshops through Envision Art Studio. She facilitates events with Oregon Touch.

**Bob Czimbal** and **Maggie Zadikov**, who provided substantial feedback, authored *Vitamin T: A Guide to Healthy Touch*, one of the earlier works to bring knowledge on nourishing touch to the general public. They offer several books and workshops through The Abundance Company.

**James "Jas" Davis**, who wrote the foreword and provided substantial feedback, founded LoveTribe, catalyzed the earliest organized snuggle events in the U.S., and has been creating events in organic relating and somatic resourcing for over a decade.

**Kristen Reynolds**, who created the snuggly animal sketches and provided substantial feedback, is the lead organizer for Oregon Touch. She writes about how to form stable, cooperative relationships within community in her blog Loving-Community.

**Stara Shakti** and **Ashley "Jack" Ohana** helped to shape the book and co-founded the group now known as Oregon Touch. Stara has facilitated a range of healing experiences, and is pursuing graduate studies in clinical psychology. Jack is a professional screenwriter in Hollywood.

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### **From reader reviews:**

#### **Dorothy Tran:**

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#### **Leesa Banta:**

This The Snuggle Party Guidebook: Create Deeper Friendships, Decrease Loneliness, & Enjoy Nurturing Touch Community is new way for you who has fascination to look for some information as it relief your hunger of information. Getting deeper you upon it getting knowledge more you know or perhaps you who still having little bit of digest in reading this The Snuggle Party Guidebook: Create Deeper Friendships, Decrease Loneliness, & Enjoy Nurturing Touch Community can be the light food to suit your needs because the information inside this particular book is easy to get by anyone. These books acquire itself in the form which can be reachable by anyone, that's why I mean in the e-book contact form. People who think that in e-book form make them feel tired even dizzy this e-book is the answer. So there isn't any in reading a guide especially this one. You can find actually looking for. It should be here for you actually. So , don't miss that! Just read this e-book sort for your better life in addition to knowledge.

#### **Scott Reisinger:**

That e-book can make you to feel relax. This book The Snuggle Party Guidebook: Create Deeper Friendships, Decrease Loneliness, & Enjoy Nurturing Touch Community was bright colored and of course has pictures on there. As we know that book The Snuggle Party Guidebook: Create Deeper Friendships, Decrease Loneliness, & Enjoy Nurturing Touch Community has many kinds or style. Start from kids until young adults. For example Naruto or Detective Conan you can read and think you are the character on there. Therefore not at all of book are usually make you bored, any it makes you feel happy, fun and loosen up. Try to choose the best book in your case and try to like reading that will.

**Tommy Wright:**

What is your hobby? Have you heard that will question when you got college students? We believe that that issue was given by teacher to their students. Many kinds of hobby, Everybody has different hobby. And you know that little person similar to reading or as reading through become their hobby. You must know that reading is very important and book as to be the thing. Book is important thing to add you knowledge, except your personal teacher or lecturer. You will find good news or update in relation to something by book. Many kinds of books that can you take to be your object. One of them is actually The Snuggle Party Guidebook: Create Deeper Friendships, Decrease Loneliness, & Enjoy Nurturing Touch Community.

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