



Hooked: New Science on How Casual Sex is Affecting Our Children

Freda McKissic Bush, Joe S. McIlhane Jr.

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Society tells us that sex is an act of self-expression, a personal choice for physical pleasure that can be summed up in the ubiquitous phrase: “hooking up”. Millions of American teenagers and young adults are finding that the psychological baggage of such behavior is having a real and lasting impact on their lives. They are discovering that “hooking up” is the easy part, but “unhooking” from the bonds of a sexual relationship can have serious consequences. A practical look into new scientific research showing how sexual activity causes the release of brain chemicals, which then result in emotional bonding and a powerful desire to repeat the activity. 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.

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