

# Give a 'Gorilla Hug' for National Hugging Day – January 21, 2007

MINNEAPOLIS, Minn. – Jan. 16 (SEND2PRESS NEWSWIRE) – Is there someone you want to hug? January 21 is your chance! Marianne Richmond ([www.mariannerichmond.com](http://www.mariannerichmond.com)), author and illustrator of the new “Fish Kisses and Gorilla Hugs” (ISBN 10: 1-934082-03-4, \$15.95), offers a few options for National Hugging Day:



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**Gorilla Hug** – Squeeze the huggee tightly while saying “ooh ooh” like an ape. A great one for grown ups and kids!

**Circle Hug** – Hugger wraps his or her arms all the way around huggee so huggee can bury his or her face in hugger’s chest. A good one for comfort or encouragement!

**All Purpose Hug** – The any-time-is-good friendly embrace that says, “good to see you” or “I like you!” Usually brief but meaningful.

**Cyber Hug** – Include the person’s name in an e-mail, surrounded by multiple parenthesis, i.e., (((((Donna))))))

**Party Hug** – A minimum of three huggers grab each other’s waists and form a

circle of happy hugging people.

The Man Hug – Slap the huggee’s upper back while hugging; upper body may touch, but nothing else!

According to [nationalhuggingday.com](http://nationalhuggingday.com), National Hugging Day was founded on January 21, 1986. This celebration of hugging has been embraced internationally in places such as the United States, Canada, England, Australia, and Germany. Schools, nursing care facilities, hospitals, and numerous other groups and organizations have jumped on and held tightly to this exciting, family-friendly event! Research shows hugs help build self esteem, ease tension, open doors to feelings, and help curb sickness!

Marianne Richmond is an author, illustrator and publisher of many award-winning books including “I Love You So...”, “Hooray for You!” and her newest book, “Fish Kisses and Gorilla Hugs” (ISBN 10: 1-934082-03-4, ISBN 13: 978-1-934082-03-4). Her titles can be found in Target Stores nationwide.

For more information, visit her at [www.mariannerichmond.com](http://www.mariannerichmond.com).

Text provided by the news source.

News issued by: Marianne Richmond Studios, Inc.

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Original Story ID: (2420) :: 2007-01-0116-003

Original Keywords: Marianne Richmond Studios Inc, National Hugging Day, author and illustrator, Fish Kisses and Gorilla Hugs, ISBN 10: 1-934082-03-4, children’s books, illustrated, ISBN 13: 978-1-934082-03-4, Gorilla Hug, Circle Hug Marianne Richmond Studios, Inc.