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The Power of a Hug

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The Power of a Hug

Lauren Walerstein

I found the power of touch
I learned the meaning of a hug
To hold each other so close
Bodies pressed up against each other
Heartbeats vibrate up against one another
Countless seconds turn into minutes
The comfort is indescribable
There are no rules to giving a hug
Just being in touch with your emotions
Each and every hug is different
With various people
In varying situations
You have taught me the importance of a hug
But, I have found the power of a hug