



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

Joe S. McIlhaney Jr., Freda McKissic Bush

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“I had no idea having sex as a teenager could affect the rest of my life.”

What does a three-pound brain have to do with one’s sex life? A lot, actually.

Breakthroughs in the burgeoning field of neuroscience explain the impact of sex on the developing brains of adolescents and young adults. Through scientific data put in layman’s terms, this book demonstrates that:

- Sexual activity releases chemicals in the brain, creating emotional bonds between partners.
- Breaking these bonds can cause depression and make it harder to bond with someone else in the future.
- Chemicals released in the brain during sex can become addictive.
- The human brain is not fully developed until a person reaches their mid-20s. Until then, it is harder to make wise relationship decisions.

Parents and others who care about young people now have the facts to steer them away from making life-changing mistakes, and lead them toward reaching their full potential.

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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