

Conquering the Epidemic of
Loneliness:
Psychological and Spiritual Answers

Recommended Books/Articles

Krishna DasGupta, MD

NEW YORK TIMES BESTSELLER

Vivek H. Murthy, MD

19TH SURGEON GENERAL
OF THE UNITED STATES

Together



The Healing Power of
Human Connection in a
Sometimes Lonely World

“Fascinating, moving, and essential reading.”

—ATUL GAWANDE, author of *Being Mortal*

Our Epidemic of Loneliness and Isolation

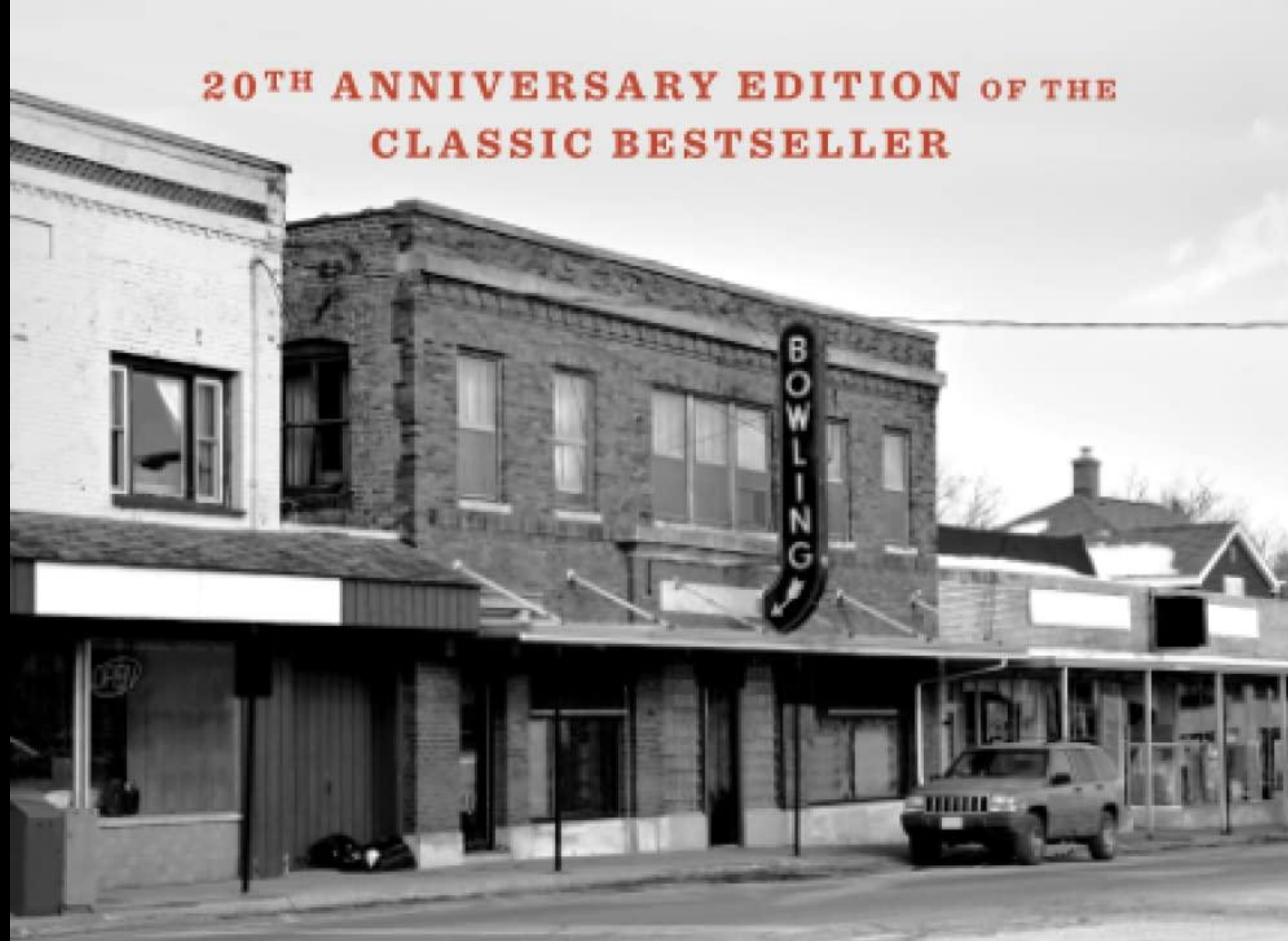


2023

The U.S. Surgeon General's Advisory on the
Healing Effects of Social Connection and Community



20TH ANNIVERSARY EDITION OF THE
CLASSIC BESTSELLER



BOWLING ALONE

The Collapse and
Revival of American
Community

ROBERT D. PUTNAM

With a New Preface and Afterword by the Author

"An exquisite book that reminds us our minds aren't soloists but symphony players."

—DAVID EAGLEMAN, PhD, author of *Incognito* and *Livewired*

Why Brains Need Friends

The Neuroscience of Social Connection



Ben Rein, PhD

Jean M. Twenge, PhD
author of *Generation Me*

iGen



Why Today's
Super-Connected
Kids Are Growing Up
Less Rebellious, More
Tolerant, Less Happy—
and Completely
Unprepared for
Adulthood*

*and What That Means for the Rest of Us

#1 NEW YORK TIMES BESTSELLER

The Anxious Generation

How the Great Rewiring of
Childhood Is Causing an Epidemic
of Mental Illness

Jonathan Haidt

Coauthor of *The Coddling of the American Mind*

Social Media and Youth Mental Health

2023

The U.S. Surgeon General's Advisory



The
CATHOLIC
GUIDE
— TO —
LONELINESS



*How Science and Faith
Can Help Us Understand It,
Grow from It, and Conquer It*

KEVIN VOST, PSY. D.

KASLEY KILLAM, MPH

**THE
ART
AND
SCIENCE
OF
CONNECTION**

Why Social Health Is the
Missing Key to Living Longer,
Healthier, and Happier

My Parting Prescription for America

Dr. Vivek Hallegere Murthy

19th & 21st Surgeon General of the United States
Vice Admiral, United States Public Health Service



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