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[Loneliness: Human Nature and the Need for Social Connection] (By: John T. Cacioppo) [published: August, 2008] Audio CD – August 19, 2008

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Cacioppo, John T., & Patrick, William. Loneliness: Human Nature and the Need for Social Connection. New York: W.W. Norton & Company, 2008. 317 pp. ISBN: 978-0-393-06170-3. Reviewed by Jessica Clevering, Instructor of Psychology at Dordt College, Iowa.

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yourself happier. One of the keys — maybe the key — to happiness is strong connections...

7 Types of Loneliness, and Why It Matters | Psychology Today

Bzdok, together with research co-lead Nathan Spreng, PhD, and colleagues, published their findings in Nature Communications, in a paper titled, “ The default network of the human brain is ...

Scientists Show What Loneliness Looks Like in the Brain

Divided into three sections, Loneliness: Human Nature and the Need for Social Connection delineates and defines loneliness as a chronic syndrome, makes a distinction between loneliness and other emotional disorders such as anxiety and depression and concludes by giving positive corrective strategies that may help an individual cope and recover from loneliness.

Loneliness: Human Nature and the Need for Social ...

For many people old age is not a time of reflection and contentment, but of fear and loneliness. With shorter marriages and longer lives, more elderly people than ever are living alone, and a new report by Help the Aged suggests over one million of them say they often or always feel lonely.

Science of Loneliness - Human Nature and the Need for ...

Loneliness, he says, impairs the ability to feel trust and affection, and people who lack emotional intimacy are less able to exercise good judgment in socially

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ambiguous situations; this makes them more vulnerable to bullying as children and exploitation by "unscrupulous salespeople" in old age.

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“ One of the most important books about the human condition to appear in a decade. ” —Daniel Gilbert, author of *Stumbling on Happiness* , *Loneliness, Human Nature and the Need for Social Connection*, John T Cacioppo, William Patrick, 9780393335286

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University of Chicago professor on loneliness: human nature and the need for social connection.

John Cacioppo: Loneliness

Expanding our knowledge in this area will help us to better appreciate the urgency of reducing loneliness in today ' s society, ” says Danilo Bzdok, a researcher at The Neuro and the Quebec Artificial Intelligence Institute, and the study ' s senior author. This study was published in the journal *Nature Communications* on Dec. 15, 2020.

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