

[DOC] Loneliness Human Nature And The Need For Social Connection John T Cacioppo

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Loneliness-John T. Cacioppo 2009 A pioneering neuroscientist draws on detailed studies to demonstrate the correlation between social environments and health, offering insight into the differences between chronic loneliness and depression while explaining how social isolation can affect perceptions, behavior, and physiology. Reprint.

A Biography of Loneliness-Fay Bound Alberti 2019-09-12 Despite 21st-century fears of an 'epidemic' of loneliness, its history has been sorely neglected. A Biography of Loneliness offers a radically new interpretation of loneliness as an emotional language and experience. Using letters and diaries, philosophical tracts, political discussions, and medical literature from the eighteenth century to the present, historian of the emotions Fay Bound Alberti argues that loneliness is not an ahistorical, universal phenomenon. It is, in fact, a modern emotion: before 1800, its language did not exist. And where loneliness is identified, it is not always bad, but a complex emotional state that differs according to class, gender, ethnicity and experience. Looking at informative case studies such as Sylvia Plath, Queen Victoria, and Virginia Woolf, A Biography of Loneliness charts the emergence of loneliness as a modern and embodied emotional state.

No Two Alike: Human Nature and Human Individuality-Judith Rich Harris 2010-02-15 A groundbreaking theory of personality. The author of the controversial book The Nurture Assumption tackles the biggest mystery in all of psychology: What makes people differ so much in personality and behavior? It can't just be "nature and nurture," because even identical twins who grow up together—same genes, same parents—have different personalities. And if psychologists can't explain why identical twins are different, they also can't explain why each of us differs from everyone else. Why no two people are alike. Harris turns out to be well suited for the role of detective—it isn't easy to pull the wool over her eyes. She rounds up the usual suspects and shows why none of the currently popular explanations for human differences—birth order effects, for example, or interactions between genes and environment—can be the perpetrator she is looking for. None of these theories can solve the mystery of human individuality. The search for clues carries Harris into some fascinating byways of science. The evidence she examines ranges from classic experiments in social psychology to cutting-edge research in neuroscience. She looks at studies of twins, research on autistic children, observations of chimpanzees, birds, and even ants. Her solution is a startlingly original one: the first completely new theory of personality since Freud's. Based on a principle of evolutionary psychology—the idea that the human mind is a toolbox of special-purpose devices—Harris's theory explains how attributes we all have in common can make us different. This is the story of a scientific quest, but it is also the personal story of a courageous and innovative woman who refused to be satisfied with "what everyone knows is true."

The Anatomy of Loneliness-Teal Swan 2018-11-06 Following in the footsteps of the success of The Completion Process, bestselling author and modern spiritual leader, Teal Swan offers an in-depth exploration and understanding of loneliness. Drawing on her extraordinary healing technique; the Connection Process Teal offers a way to experience connection once again. Loneliness is reaching endemic proportions in our society, reflected by rising suicide rates and increased mental illness. Now, more than ever we need to find a way to connect. Loneliness, is a feeling of separation or isolation, it is not necessarily the same as the physical state of being alone. This book is for people who suffer from loneliness, the kind that cannot be solved by simply being around other people. Their aloneness is a deeply embedded pattern that is both negative and painful; it is often fueled by trauma, loss, addiction, grief and a lack of self-esteem and insecurity. In The Anatomy of Loneliness, Teal identifies the three pillars or qualities of loneliness: Separation, Shame and Fear and goes on to share her revolutionary technique; The Connection Process, a form of intuitive journeying, usually involving two people a 'receiver' and a 'journeyer'. Through a series of exercises each person experiences 'walls' and 'blockages' as they move through the process both participants face their fears learning from these to reach a place of unconditional love and acceptance.

Introduction to Social Neuroscience-Stephanie Cacioppo 2020-08-11 A textbook that lays down the foundational principles for understanding social neuroscience Humans, like many other animals, are a highly social species. But how do our biological systems implement social behaviors, and how do these processes shape the brain and biology? Spanning multiple disciplines, Introduction to Social Neuroscience seeks to engage students and scholars alike in exploring the effects of the brain's perceived connections with others. This wide-ranging textbook provides a quintessential foundation for comprehending the psychological, neural, hormonal, cellular, and genomic mechanisms underlying such varied social processes as loneliness, empathy, theory-of-mind, trust, and cooperation. Stephanie and John Cacioppo posit that our brain is our main social organ. They show how the same objective relationship can be perceived as friendly or threatening depending on the mental states of the individuals involved in that relationship. They present exercises and evidence-based findings readers can put into practice to better understand the neural roots of the social brain and the cognitive and health implications of a dysfunctional social brain. This textbook's distinctive features include the integration of human and animal studies, clinical cases from medicine, multilevel analyses of topics from genes to societies, and a variety of methodologies. Unveiling new facets to the study of the social brain's anatomy and function, Introduction to Social Neuroscience widens the scientific lens on human interaction in society. The first textbook on social neuroscience intended for advanced undergraduates and graduate students Chapters address the psychological, neural, hormonal, cellular, and genomic mechanisms underlying the brain's perceived connections with others Materials integrate human and animal studies, clinical cases, multilevel analyses, and multiple disciplines

Discovering Psychology: The Science of Mind-John T. Cacioppo 2012-03-16 In this fresh new offering to the Intro Psychology course, authors John Cacioppo and Laura Freberg portray psychology as being an integrative science in two ways. First, they have written a text that reflects psychology's rightful place as a hub science that draws from and is cited by research in many other fields. Second, this text presents psychology as a unified science that seeks a complete understanding of the human mind, rather than as a loosely organized set of autonomous subspecialties. As psychology moves rapidly toward maturity as an integrative, multidisciplinary field, the introductory course offers an opportunity to teach all of psychology in one place and at one time. This text reflects that evolution--and the authors' excitement about it. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Feeling Lonesome: The Philosophy and Psychology of Loneliness-Ben Lazare Mijuskovic 2015-06-23 This book presents an intricate, interdisciplinary evaluation of loneliness that examines the relation of consciousness to loneliness. It views loneliness from the inside as a universal human condition rather than attempting to explain it away as an aberration, a mental disorder, or a temporary state to be addressed by superficial therapy and psychiatric medication. • Provides key insight into the dynamics of loneliness, enabling readers to be able to recognize its sources and counter its insidious and invidious force—not only in one's self, but in others as well • Presents cross-disciplinary perspectives that addresses and critiques both philosophical and psychological views on loneliness • Reviews the works and words of philosophers from Descartes to Kant and Wittgenstein, and of psychologists from Freud to Erikson, Fromm, and Mahler • Authored by a former mental health therapist who has taught philosophy for more than 30 years

The Loneliness Solution-Jack Eason 2020-10-13 Statistics show that, despite our connected world--and partly because of it--we are lonelier than ever. Social media tricks us into thinking that we are engaged in genuine friendships, except we never quite get beyond that feeling of being outside someone else's life and looking in every so often at what they choose to show the world. Instead of intimacy we get little more than what amounts to digital small talk. But

there is a solution. With plenty of good humor and practical advice, Jack Eason invites you to discover the benefits of doing life together with other brothers and sisters in Christ. Grounding his message in Scripture, Eason helps you - learn the obstacles to real community - reimagine what real friendship looks like - discover a place of true belonging - and more If you're tired of feeling lonely, this encouraging and community-building book is just what you need.

Of Mice and Men-John Steinbeck 1994 The tragic story of the friendship between two migrant workers, George and mentally retarded Lenny, and their dream of owning a farm

Loneliness as a Way of Life-Thomas L. Dumm 2009-06-30 "What does it mean to be lonely?" Dumm asks. His inquiry, documented in this book, takes us beyond social circumstances and into the deeper forces that shape our very existence as modern individuals. The modern individual, Dumm suggests, is fundamentally a lonely self. This book challenges us, not to overcome our loneliness, but to learn how to re-inhabit it in a better way.

Our Wild Calling-Richard Louv 2020-11-10 "A book that offers hope." —The New York Times Book Review "A wondrous tapestry." —Carl Safina, author of Beyond Words: What Animals Think and Feel Audubon Medal winner Richard Louv's landmark book Last Child in the Woods inspired an international movement to connect children and nature. Now he redefines the future of human-animal coexistence. In Our Wild Calling, Louv interviews researchers, theologians, wildlife experts, indigenous healers, psychologists, and others to show how people are connecting with animals in ancient and new ways, and how this serves as an antidote to the growing epidemic of human loneliness; how dogs can teach children ethical behavior; how animal-assisted therapy may yet transform the mental health field; and what role the human-animal relationship plays in our spiritual health. He reports on wildlife relocation and on how the growing populations of wild species in urban areas are blurring the lines between domestic and wild animals. Our Wild Calling makes the case for protecting, promoting, and creating a sustainable and shared habitat for all creatures—not out of fear, but out of love. Includes a new interview with the author, discussion questions, and a resource guide.

Social Isolation and Loneliness in Older Adults-National Academies of Sciences, Engineering, and Medicine 2020-05-14 Social isolation and loneliness are serious yet underappreciated public health risks that affect a significant portion of the older adult population. Approximately one-quarter of community-dwelling Americans aged 65 and older are considered to be socially isolated, and a significant proportion of adults in the United States report feeling lonely. People who are 50 years of age or older are more likely to experience many of the risk factors that can cause or exacerbate social isolation or loneliness, such as living alone, the loss of family or friends, chronic illness, and sensory impairments. Over a life course, social isolation and loneliness may be episodic or chronic, depending upon an individual's circumstances and perceptions. A substantial body of evidence demonstrates that social isolation presents a major risk for premature mortality, comparable to other risk factors such as high blood pressure, smoking, or obesity. As older adults are particularly high-volume and high-frequency users of the health care system, there is an opportunity for health care professionals to identify, prevent, and mitigate the adverse health impacts of social isolation and loneliness in older adults. Social Isolation and Loneliness in Older Adults summarizes the evidence base and explores how social isolation and loneliness affect health and quality of life in adults aged 50 and older, particularly among low income, underserved, and vulnerable populations. This report makes recommendations specifically for clinical settings of health care to identify those who suffer the resultant negative health impacts of social isolation and loneliness and target interventions to improve their social conditions. Social Isolation and Loneliness in Older Adults considers clinical tools and methodologies, better education and training for the health care workforce, and dissemination and implementation that will be important for translating research into practice, especially as the evidence base for effective interventions continues to flourish.

The Solitudes of Nature and of Man-William Rounseville Alger 1867

Ethical Loneliness-Jill Stauffer 2015-09-01 Ethical loneliness is the experience of being abandoned by humanity, compounded by the cruelty of wrongs not being acknowledged. It is the result of multiple lapses on the part of human beings and political institutions that, in failing to listen well to survivors, deny them redress by negating their testimony and thwarting their claims for justice. Jill Stauffer examines the root causes of ethical loneliness and how those in power revise history to serve their own ends rather than the needs of the abandoned. Out of this discussion, difficult truths about the desire and potential for political forgiveness, transitional justice, and political reconciliation emerge. Moving beyond a singular focus on truth commissions and legal trials, she considers more closely what is lost in the wake of oppression and violence, how selves and worlds are built and demolished, and who is responsible for re-creating lives after they are destroyed. Stauffer boldly argues that rebuilding worlds and just institutions after violence is a broad obligation and that those who care about justice must first confront their own assumptions about autonomy, liberty, and responsibility before an effective response to violence can take place. In building her claims, Stauffer draws on the work of Emmanuel Levinas, Jean Améry, Eve Sedgwick, and Friedrich Nietzsche, as well as concrete cases of justice and injustice across the world.

Together-Vivek H. Murthy, M.D. 2020-04-07 The book we need NOW to avoid a social recession, Murthy's prescient message is about the importance of human connection, the hidden impact of loneliness on our health, and the social power of community. Humans are social creatures: In this simple and obvious fact lies both the problem and the solution to the current crisis of loneliness. In his groundbreaking book, the 19th surgeon general of the United States Dr. Vivek Murthy makes a case for loneliness as a public health concern: a root cause and contributor to many of the epidemics sweeping the world today from alcohol and drug addiction to violence to depression and anxiety. Loneliness, he argues, is affecting not only our health, but also how our children experience school, how we perform in the workplace, and the sense of division and polarization in our society. But, at the center of our loneliness is our innate desire to connect. We have evolved to participate in community, to forge lasting bonds with others, to help one another, and to share life experiences. We are, simply, better together. The lessons in Together have immediate relevance and application. These four key strategies will help us not only to weather this crisis, but also to heal our social world far into the future. Spend time each day with those you love. Devote at least 15 minutes each day to connecting with those you most care about. Focus on each other. Forget about multitasking and give the other person the gift of your full attention, making eye contact, if possible, and genuinely listening. Embrace solitude. The first step toward building stronger connections with others is to build a stronger connection with oneself. Meditation, prayer, art, music, and time spent outdoors can all be sources of solitary comfort and joy. Help and be helped. Service is a form of human connection that reminds us of our value and purpose in life. Checking on a neighbor, seeking advice, even just offering a smile to a stranger six feet away, all can make us stronger. During Murthy's tenure as Surgeon General and during the research for Together, he found that there were few issues that elicited as much enthusiastic interest from both very conservative and very liberal members of Congress, from young and old people, or from urban and rural residents alike. Loneliness was something so many people have known themselves or have seen in the people around them. In the book, Murthy also shares his own deeply personal experiences with the subject—from struggling with loneliness in school, to the devastating loss of his uncle who succumbed to his own loneliness, as well as the important example of community and connection that his parents modeled. Simply, it's a universal condition that affects all of us directly or through the people we love—now more than ever.

The Opposite of Loneliness-Marina Keegan 2014-04-08 The instant New York Times bestseller and publishing phenomenon: Marina Keegan's posthumous collection of award-winning essays and stories "sparkles with talent, humanity, and youth" (O, The Oprah Magazine). Marina Keegan's star was on the rise when she graduated magna cum laude from Yale in May 2012. She had a play that was to be produced at the New York Fringe Festival and a job waiting for her at The New Yorker. Tragically, five days after graduation, Marina died in a car crash. Marina left behind a rich, deeply expansive trove of writing that, like her title essay, captures the hope, uncertainty, and possibility of her generation. Her short story "Cold Pastoral" was published on NewYorker.com. Her essay "Even Artichokes Have Doubts" was excerpted in the Financial Times, and her book was the focus of a Nicholas Kristof column in The New York Times. Millions of her contemporaries have responded to her work on social media. As Marina wrote: "We can still do anything. We can change our minds. We can start over...We're so young. We can't, we MUST not lose this sense of possibility because in the end, it's all we have." The Opposite of Loneliness is an unforgettable collection of Marina's essays and stories that articulates the universal struggle all of us face as we figure out what we aspire to be and how we can harness our talents to impact the world. "How do you mourn the loss of a fiery talent that was barely a tendril before it was snuffed out? Answer: Read this book. A clear-eyed observer of human nature, Keegan could take a clever idea...and make it something beautiful" (People).

Consciousness and Loneliness: Theoria and Praxis-Ben Mijuskovic 2018-12-03 Current research claims loneliness is passively caused by external conditions: environmental, cultural, situational, and even chemical imbalances in the brain and hence avoidable. In this book, the author argues that loneliness is actively constituted by acts of reflexive self-consciousness (Kant) and transcendent intentionality (Husserl) and therefore unavoidable.

A History of Loneliness-John Boyne 2015-02-03 The riveting narrative of an honorable Irish priest who finds the church collapsing around him at a pivotal moment in its history Propelled into the priesthood by a family tragedy, Odran Yates is full of hope and ambition. When he arrives at Clonliffe Seminary in the 1970s, it is a time in Ireland when priests are highly respected, and Odran believes that he is pledging his life to "the good." Forty years later, Odran's devotion is caught in revelations that shatter the Irish people's faith in the Catholic Church. He sees his friends stand trial, colleagues jailed, the lives of young parishioners destroyed, and grows nervous of venturing out in public for fear of disapproving stares and insults. At one point, he is even arrested when he takes the hand of a young boy and leads him out of a department store looking for the boy's mother. But when a family event opens wounds from his past, he is

forced to confront the demons that have raged within the church, and to recognize his own complicity in their propagation, within both the institution and his own family. A novel as intimate as it is universal, *A History of Loneliness* is about the stories we tell ourselves to make peace with our lives. It confirms Boyne as one of the most searching storytellers of his generation.

Loneliness in Philosophy, Psychology, and Literature-Ben Lazare Mijuskovic 2012-04 Drawing on the fields of psychology, literature, and philosophy, *Loneliness in Philosophy, Psychology, and Literature* argues that loneliness has been the universal concern of mankind since the Greek myths and dramas, the dialogues of Plato, and the treatises of Aristotle. Author Ben Lazare Mijuskovic, whose insights are culled from both his theoretical studies and his practical experiences, contends that loneliness has constituted a universal theme of Western thought from the Hellenic age into the contemporary period. In *Loneliness in Philosophy, Psychology, and Literature*, he shows how man has always felt alone and that the meaning of man is loneliness. Presenting both a discussion and a philosophical inquiry into the nature of loneliness, Mijuskovic cites examples from more than one hundred writers on loneliness, including Erich Fromm, Frieda Fromm-Reichmann, Clark Moustakas, Rollo May, and James Howard in psychology; Thomas Hardy, Joseph Conrad, James Joyce, Thomas Wolfe and William Golding in literature; and Descartes, Kant, Kierkegaard, Nietzsche, and Sartre in philosophy. Insightful and comprehensive, *Loneliness in Philosophy, Psychology, and Literature* demonstrates that loneliness is the basic nature of humans and is an unavoidable condition that all must face. *European Review*, 21:2 (May, 2013), 309-311. Ben Mijuskovic, *Loneliness in Philosophy, Psychology, and Literature* (Bloomington, IN: iUniverse. 2012). Ben Lazare Mijuskovic offers in his book a very different approach to loneliness. According to him, far from being an occasional or temporary phenomenon, loneliness—or better the fear of loneliness—is the strongest motivational drive in human beings. He argues that “following the replenishment of air, water, nourishment, and sleep, the most insistent and immediate necessity is man desire to escape his loneliness,” to avoid the feeling of existential, human isolation” (p xxx). The Leibnizian image of the monad—as a self-enclosed “windowless” being—gives an acute portrait of this oppressive prison. To support this thesis, Mijuskovic uses an interdisciplinary approach—philosophy, psychology, and literature—through which the “picture of man as continually fighting to escape the quasi-solipsistic prison of his frightening solitude” reverberates. Besides insisting on the primacy of our human concern to struggle with the spectre of loneliness, Mijuskovic has sought to account for the reasons why this is the case. The core of his argumentation relies on a theory of consciousness. In Western thought three dominant models can be distinguished: (a) the self-consciousness or reflexive model; (b) the empirical or behavioral model; and (c) the intentional or phenomenological model. According to the last two models, it is difficult, if not inconceivable, to understand how loneliness is even possible. Only the theory that attributes a reflexive nature to the powers of the mind can adequately explain loneliness. The very constitution of our consciousness determines our confinement. “When a human being successfully ‘reflects’ on his self, reflexively captures his own intrinsically unique situation, he grasps (self-consciously) the nothingness of his existence as a ‘transcendental condition’—universal, necessary (a priori—structuring his entire being-in-the-world. This originary level of recognition is the ground-source for his sensory-cognitive awareness of loneliness” (p. 13). Silvana Mandolesi

White Oleander-Janet Fitch 2006-09-01 The unforgettable story of a young woman's odyssey through a series of Los Angeles foster homes on her journey to redemption. Astrid is the only child of a single mother, Ingrid, a brilliant, obsessed poet who wields her luminous beauty to intimidate and manipulate men. Astrid worships her mother and cherishes their private world full of ritual and mystery - but their idyll is shattered when Astrid's mother falls apart over a lover. Deranged by rejection, Ingrid murders the man, and is sentenced to life in prison. *White Oleander* is the unforgettable story of Astrid's journey through a series of foster homes and her efforts to find a place for herself in impossible circumstances. Each home is its own universe, with a new set of laws and lessons to be learned. With determination and humor, Astrid confronts the challenges of loneliness and poverty, and strives to learn who a motherless child in an indifferent world can become. Oprah Winfrey enjoyed this gripping first novel so much that she not only made it her book club pick, she asked if she could narrate the audio release.

The Lonely City-Olivia Laing 2016-03-01 "You can be lonely anywhere, but there is a particular flavor to the loneliness that comes from living in a city, surrounded by thousands of strangers. *The Lonely City* is a roving cultural history of urban loneliness, centered on the ultimate city: Manhattan, that teeming island of gneiss, concrete, and glass. What does it mean to be lonely? How do we live, if we're not intimately involved with another human being? How do we connect with other people, particularly if our sexuality or physical body is considered deviant or damaged? Does technology draw us closer together or trap us behind screens? Olivia Laing explores these questions by travelling deep into the work and lives of some of the century's most original artists, among them Andy Warhol, David Wojnarowicz, Edward Hopper, Henry Darger and Klaus Nomi. Part memoir, part biography, part dazzling work of cultural criticism, *The Lonely City* is not just a map, but a celebration of the state of loneliness. It's a voyage out to a strange and sometimes lovely island, adrift from the larger continent of human experience, but visited by many - millions, say - of souls"--

A History of Solitude-David Vincent 2020-05-06 Solitude has always had an ambivalent status: the capacity to enjoy being alone can make sociability bearable, but those predisposed to solitude are often viewed with suspicion or pity. Drawing on a wide array of literary and historical sources, David Vincent explores how people have conducted themselves in the absence of company over the last three centuries. He argues that the ambivalent nature of solitude became a prominent concern in the modern era. For intellectuals in the romantic age, solitude gave respite to citizens living in ever more complex modern societies. But while the search for solitude was seen as a symptom of modern life, it was also viewed as a dangerous pathology: a perceived renunciation of the world, which could lead to psychological disorder and anti-social behaviour. Vincent explores the successive attempts of religious authorities and political institutions to manage solitude, taking readers from the monastery to the prisoner's cell, and explains how western society's increasing secularism, urbanization and prosperity led to the development of new solitary pastimes at the same time as it made traditional forms of solitary communion, with God and with a pristine nature, impossible. At the dawn of the digital age, solitude has taken on new meanings, as physical isolation and intense sociability have become possible as never before. With the advent of a so-called loneliness epidemic, a proper historical understanding of the natural human desire to disengage from the world is more important than ever. The first full-length account of its subject, *A History of Solitude* will appeal to a wide general readership.

The Loneliness Cure-Kory Floyd 2015-04-03 Rediscover the benefits of a real-life social network! Although today's technology allows you to communicate with people all over the globe, it can also leave you feeling disconnected and unhappy in the real world. *The Loneliness Cure* helps you rediscover the power of socializing in person and finally find the affection you've been longing for. Written by communication expert Kory Floyd, PhD, this valuable guide details the causes of affection hunger, helps you assess your needs, and offers six compelling strategies for attracting more intimacy into your relationships and everyday life. This guidebook details the causes of affection hunger, helps you assess your needs, and shows you how to build genuine connections to those around you. Whether you're looking to get the undivided attention of a friend, reconnect physically with a romantic partner, or grow closer to your family, this book provides you with the tools you need to lead a healthier, happier, and more affectionate life.

A Philosophy of Loneliness-Lars Svendsen 2017-03-15 For many of us it is the ultimate fear: to die alone. Loneliness is a difficult subject to address because it has such negative connotations in our intensely social world. But the truth is that wherever there are people, there is loneliness. You can be lonely sitting in the quiet of your home, in the still of an afternoon park, or even when surrounded by throngs of people on a busy street. One need only turn on the radio to hear a crooner telling us just how lonesome we can be. In this groundbreaking book, philosopher Lars Svendsen confronts loneliness head on, investigating both the negative and positive sides of this most human of emotions. Drawing on the latest research in philosophy, psychology, and the social sciences, *A Philosophy of Loneliness* explores the different kinds of loneliness and examines the psychological and social characteristics that dispose people to them. Svendsen looks at the importance of friendship and love, and he examines how loneliness can impact our quality of life and affect our physical and mental health. In a provocative move, he also argues that the main problem in our modern society is not that we have too much loneliness but rather too little solitude, and he looks to those moments when our loneliness can actually tell us profound things about ourselves and our place in the world. The result is a fascinating book about a complex and deeply meaningful part of our very being.

Get Out of Your Head-Brian Satchetta 2018-12-04 Forget for a moment the prevailing notion that you can only manage your anxiety through endless visits to your therapist's office and daily cocktails of psychiatric medication - what if you could put yourself back in the equation? What if you could learn to manage your fear better by changing your thoughts and beliefs about it? What if you could turn down the firehose of overwhelm you experience so often? You can. More than 17% of Americans fill at least one psychiatric drug prescription each year. This would be just fine if medication were actually solving mental illness, but it seems that's not the case. Medication is just one potential piece of the puzzle; we can't keep discounting our ability to influence our own conditions. Through the latest research, personal anecdotes, and a heavy dose of practicality, this book discusses that influence and teaches you: -Where anxiety comes from and how to stop perpetuating it-10 crucial steps for mitigating anxiety during stressful situations-How to leverage fear into a vehicle for personal growth-How to stop fighting yourself and start living again

Alone Together-Sherry Turkle 2017-11-07 "Savvy and insightful." --New York Times Technology has become the architect of our intimacies. Online, we fall prey to the illusion of companionship, gathering thousands of Twitter and Facebook friends, and confusing tweets and wall posts with authentic communication. But this relentless connection leads to a deep solitude. MIT professor Sherry Turkle argues that as technology ramps up, our emotional lives ramp down. Based on hundreds of interviews and with a new introduction taking us to the present day, *Alone Together* describes changing, unsettling relationships between friends, lovers, and families.

Witches, Sluts, Feminists-Kristen J. Sollée 2017 Exposing how "witch" and "slut" are used to police female sexuality, the author rehabilitates these sex positive archetypes.

The Well of Loneliness-Radclyffe Hall 2015-04-23 This early work by Radclyffe Hall was originally published in 1928 and we are now republishing it with a brand new introductory biography. 'The Well of Loneliness' is a novel that follows an upper-class Englishwoman who falls in love with another woman while serving as an ambulance driver in World War I. Marguerite Radclyffe Hall was born on 12th August 1880, in Bournemouth, England. Hall's first novel The Unlit Lamp (1924) was a lengthy and grim tale that proved hard to sell. It was only published following the success of the much lighter social comedy The Forge (1924), which made the best-seller list of John O'London's Weekly. Hall is a key figure in lesbian literature for her novel The Well of Loneliness (1928). This is her only work with overt lesbian themes and tells the story of the life of a masculine lesbian named Stephen Gordon.

A Long Way Gone-Ishmael Beah 2007-02-13 In a heart-wrenching, candid autobiography, a human rights activist offers a firsthand account of war from the perspective of a former child soldier, detailing the violent civil war that wracked his native Sierra Leone and the government forces that transformed a gentle young boy into a killer as a member of the army. 75,000 first printing.

The Happiness Project (Revised Edition)-Gretchen Rubin 2015-12-29 "This book made me happy in the first five pages." —AJ Jacobs, author of The Year of Living Biblically: One Man's Humble Quest to Follow the Bible as Literally as Possible Award-winning author Gretchen Rubin is back with a bang, with The Happiness Project. The author of the bestselling 40 Ways to Look at Winston Churchill has produced a work that is "a cross between the Dalai Lama's The Art of Happiness and Elizabeth Gilbert's Eat, Pray, Love." (Sonya Lyubomirsky, author of The How of Happiness: A Scientific Approach to Getting the Life You Want) In the vein of Julie and Julia, The Happiness Project describes one person's year-long attempt to discover what leads to true contentment. Drawing at once on cutting-edge science, classical philosophy, and real-world applicability, Rubin has written an engaging, eminently relatable chronicle of transformation.

The Color Purple-Alice Walker 2003 The Pulitzer Prize-winning novel that tells the story of two sisters through their correspondence. With a new Preface by the author.

The Rime of the Ancient Mariner-Samuel Taylor Coleridge 1906

How to Be Alone-Lane Moore 2018-11-06 The former Sex & Relationships Editor for Cosmopolitan and host of the wildly popular comedy show Tinder Live with Lane Moore presents her poignant, funny, and deeply moving first book. Lane Moore is a rare performer who is as impressive onstage—whether hosting her iconic show Tinder Live or being the enigmatic front woman of It Was Romance—as she is on the page, as both a former writer for The Onion and an award-winning sex and relationships editor for Cosmopolitan. But her story has had its obstacles, including being her own parent, living in her car as a teenager, and moving to New York City to pursue her dreams. Through it all, she looked to movies, TV, and music as the family and support systems she never had. From spending the holidays alone to having better "stranger luck" than with those closest to her to feeling like the last hopeless romantic on earth, Lane reveals her powerful and entertaining journey in all its candor, anxiety, and ultimate acceptance—with humor always her bolstering force and greatest gift. How to Be Alone is a must-read for anyone whose childhood still feels unresolved, who spends more time pretending to have friends online than feeling close to anyone in real life, who tries to have genuine, deep conversations in a roomful of people who would rather you not. Above all, it's a book for anyone who desperately wants to feel less alone and a little more connected through reading her words.

Literary Loneliness in Mid-Eighteenth-Century England-John Sitter 2019-06-30

The Stuff of Thought-Sтивен Pinker 2007-09-11 This New York Times bestseller is an exciting and fearless investigation of language from the author of Better Angels of Our Nature and The Sense of Style and Enlightenment Now. "Curious, inventive, fearless, naughty." --The New York Times Book Review Bestselling author Steven Pinker possesses that rare combination of scientific aptitude and verbal eloquence that enables him to provide lucid explanations of deep and powerful ideas. His previous books - including the Pulitzer Prize finalist The Blank Slate - have catapulted him into the limelight as one of today's most important popular science writers. In The Stuff of Thought, Pinker presents a fascinating look at how our words explain our nature. Considering scientific questions with examples from everyday life, The Stuff of Thought is a brilliantly crafted and highly readable work that will appeal to fans of everything from The Selfish Gene and Blink to Eats, Shoots & Leaves.

Understanding Human Nature (Psychology Revivals)-Alfred Adler 2013-06-26 Originally published in 1928 this book was an attempt to acquaint the general public with the fundamentals of Individual Psychology. At the same time it is a demonstration of the practical application of these principles to the conduct of everyday relationships, and the organization of our personal life. Based upon a years' lectures to audiences at the People's Institute in Vienna, the purpose of the book was to point out how the mistaken behaviour of the individual affects harmony of our social and communal life; to teach the individual to recognize their own mistakes; and finally, to show them how they may effect a harmonious adjustment to the communal life. Adler felt that mistakes in business or in science were costly and deplorable, but mistakes in the conduct of life are usually dangerous to life itself. This book is dedicated by the author in his preface 'to the task of illuminating man's progress toward a better understanding of human nature.'

Last Child in the Woods-Richard Louv 2008-04-22 The Book That Launched an International Movement "An absolute must-read for parents." —The Boston Globe "It rivals Rachel Carson's Silent Spring." —The Cincinnati Enquirer "I like to play indoors better 'cause that's where all the electrical outlets are," reports a fourth grader. But it's not only computers, television, and video games that are keeping kids inside. It's also their parents' fears of traffic, strangers, Lyme disease, and West Nile virus; their schools' emphasis on more and more homework; their structured schedules; and their lack of access to natural areas. Local governments, neighborhood associations, and even organizations devoted to the outdoors are placing legal and regulatory constraints on many wild spaces, sometimes making natural play a crime. As children's connections to nature diminish and the social, psychological, and spiritual implications become apparent, new research shows that nature can offer powerful therapy for such maladies as depression, obesity, and attention deficit disorder. Environment-based education dramatically improves standardized test scores and grade-point averages and develops skills in problem solving, critical thinking, and decision making. Anecdotal evidence strongly suggests that childhood experiences in nature stimulate creativity. In Last Child in the Woods, Louv talks with parents, children, teachers, scientists, religious leaders, child-development researchers, and environmentalists who recognize the threat and offer solutions. Louv shows us an alternative future, one in which parents help their kids experience the natural world more deeply—and find the joy of family connectedness in the process. Now includes A Field Guide with 100 Practical Actions We Can Take Discussion Points for Book Groups, Classrooms, and Communities Additional Notes by the Author New and Updated Research from the U.S. and Abroad Richard Louv's new book, Our Wild Calling, is available now.

Loneliness-Ben Lazare Mijuskovic 1985

Measures of Personality and Social Psychological Attitudes-John P. Robinson 2013-10-22 Measures of Personality and Social Psychological Attitudes: Volume 1 in Measures of Social Psychological Attitudes Series provides a comprehensive guide to the most promising and useful measures of important social science concepts. This book is divided into 12 chapters and begins with a description of the Measures of Personality and Social Psychological Attitudes Project's background and the major criteria for scale construction. The subsequent chapters review measures of "response set"; the scales dealing with the most general affective states, including life satisfaction and happiness; and the measured of self-esteem. These topics are followed by discussions of measures of social anxiety, which is conceived a major inhibitor of social interaction, as well as the negative states of depression and loneliness. Other chapters examine the separate dimensions of alienation, the predictive value of interpersonal trust and attitudes in studies of occupational choice and racial attitude change, and the attitude scales related to locus of control. The final chapters look into the measures related to authoritarianism, androgyny, and values. This book is of great value to social and political scientists, psychologists, nurses, social workers, non-academic professionals, and students.

Four Seasons of Loneliness-J. W. Freiberg 2016-07-28 A prominent lawyer looks back on his career to explore the moving true stories of four individuals whose lives and law cases were deeply affected by their chronic loneliness.

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