

---

# Work And The Loneliness Epidemic Harvard Business Review

---

The Precarious Power of Evangelical Women Celebrities

A Journey Through American Loneliness

Private Government

The Lonely American

The Lonely Century

The Loneliness Epidemic

Senior Cohousing

Together

The Rise of Chronic Stress and How We Can Fix It

How a Data-driven Happiness Strategy Fuels Purpose, Passion and Performance

Electrical Neuroimaging

The Lost Art of Connecting: The Gather, Ask, Do Method for Building Meaningful Business Relationships

Finding and Fostering Connection to God, Ourselves, and One Another

Changing Feelings about Technology, from the Telegraph to Twitter

Stupid Things I Won't Do When I Get Old

Curing the Pandemic of Everyone Feeling Alone Together

How Great Leaders Create Connection in the Age of Isolation

How Employers Rule Our Lives (and Why We Don't Talk about It)

Imagine Wanting Only this

A Simple, Speedy, and Sustainable Path to Superior Growth

A Biography of Loneliness

Human Nature and the Need for Social Connection

Together

The state of the world's children. 1998  
Bored, Lonely, Angry, Stupid  
How Isolation Imperils Our Future  
Connected  
The Power of Purpose, Hope, and Friendship  
An Optimist's Guide to Connection  
Seek You  
Loneliness, Health and What Happens When We Find Connection  
The HBR Guide to Making Smarter, More Persuasive Data Visualizations  
Friendship in the Age of Loneliness  
Social Isolation of Older Adults  
The History of an Emotion  
The Upswing  
Strategies to Bolster Health and Well-Being  
How to Be Happy at Work  
The Preacher's Wife  
A Highly Judgmental, Unapologetically Honest Accounting of All the Things Our Elders Are Doing Wrong

*Work And The Loneliness  
Epidemic Harvard  
Business Review*

*Downloaded from  
[ftp.wtvq.com](http://ftp.wtvq.com) by guest*

---

## **BRIANNA DECKER**

---

**The Precarious Power of Evangelical Women Celebrities** Oxford University Press

While some of us enjoy a lively debate with colleagues and others prefer to suppress our feelings over disagreements,

we all struggle with conflict at work. Every day we navigate an office full of competing interests, clashing personalities, limited time and resources, and fragile egos. Sure, we share the same overarching goals as our colleagues, but we don't always agree on how to achieve them. We work differently. We rub each other the wrong way. We jockey for position. How can you deal with conflict at work in a way that is both professional and

productive—where it improves both your work and your relationships? You start by understanding whether you generally seek or avoid conflict, identifying the most frequent reasons for disagreement, and knowing what approaches work for what scenarios. Then, if you decide to address a particular conflict, you use that information to plan and conduct a productive conversation. The HBR Guide to Dealing with Conflict will give you the

advice you need to: Understand the most common sources of conflict Explore your options for addressing a disagreement Recognize whether you—and your counterpart—typically seek or avoid conflict Prepare for and engage in a difficult conversation Manage your and your counterpart's emotions Develop a resolution together Know when to walk away Arm yourself with the advice you need to succeed on the job, with the most trusted brand in business. Packed with how-to essentials from leading experts, the HBR Guides provide smart answers to your most pressing work challenges.

### **A Journey Through American Loneliness** Citadel Press

Technology has allowed us to connect with more people in more places than ever before. Sure we have “friends” we even have “followers” and yet, a silent epidemic is sending shock waves straight into our living rooms. What is this hidden disease? Loneliness. Popular author Erin Davis knows what it’s like to feel lonely. She knows how it feels to have many friends, a full schedule, and a pit in her stomach. As she wrestled her own feelings of loneliness to the ground, Erin started to feel like the

scientist charged with finding the cure for the lonely epidemic—a journey that has proved to be funny, encouraging, and helpful. What is causing the pain of loneliness to gnaw at our hearts? What does God know about feeling alone? While swimming in a sea of people, what’s a lonely girl to do? Where should she turn for a life raft? Erin has traveled across the country to talk with other women and answer these questions for us all. Come along in *Connected* to learn about her journey as well as the stories of women who are probably a lot like you!

**Private Government** Harvard Business Review Press

A poignant coming-of-age story, this debut graphic novel follows two young women on their path to adulthood. In her graphic novel debut, English cartoonist Lizzy Stewart chronicles the lives of two close friends from adolescence to adulthood. As the years go by, life nudges them in directions that they never could have expected until finally, in their thirties, they hardly recognize the women they have become. Their situations have changed, from the sleepy countryside to bustling London, but their relationships and

perspectives have also gradually shifted over time. In a series of interconnected vignettes, Stewart focuses on the ordinary, slice-of-life moments — teenagers climbing up and lounging on a rooftop, friends catching up over pints at the pub, a woman riding the night bus home — and charges these scenes with a quiet intensity. Through keen observation and an ear for naturalistic dialogue, she reveals the complex natures of her characters, from their confidence to their insecurities, as they experience the joys and pains of growing up. Drawn in a variety of different styles, from watercolor to colored pencil to pen and ink, the style of this book echoes the evolution of the characters within.

**The Lonely American** Springer

\* AN INSTANT NEW YORK TIMES BESTSELLER \* From the New York Times bestselling author of *The Vanishing American Adult*, an intimate and urgent assessment of the existential crisis facing our nation. Something is wrong. We all know it. American life expectancy is declining for a third straight year. Birth rates are dropping. Nearly half of us think the other political party isn’t just wrong;

they're evil. We're the richest country in history, but we've never been more pessimistic. What's causing the despair? In *Them*, bestselling author and U.S. senator Ben Sasse argues that, contrary to conventional wisdom, our crisis isn't really about politics. It's that we're so lonely we can't see straight—and it bubbles out as anger. Local communities are collapsing. Across the nation, little leagues are disappearing, Rotary clubs are dwindling, and in all likelihood, we don't know the neighbor two doors down. Work isn't what we'd hoped: less certainty, few lifelong coworkers, shallow purpose. Stable families and enduring friendships—life's fundamental pillars—are in statistical freefall. As traditional tribes of place evaporate, we rally against common enemies so we can feel part of a team. No institutions command widespread public trust, enabling foreign intelligence agencies to use technology to pick the scabs on our toxic divisions. We're in danger of half of us believing different facts than the other half, and the digital revolution throws gas on the fire. There's a path forward—but reversing our decline requires something radical: a rediscovery

of real places and human-to-human relationships. Even as technology nudges us to become rootless, Sasse shows how only a recovery of rootedness can heal our lonely souls. America wants you to be happy, but more urgently, America needs you to love your neighbor and connect with your community. Fixing what's wrong with the country depends on it.

**The Lonely Century** McGraw Hill Professional

*Unlocking Happiness at Work* takes you on a journey into why and how leaders should become compassionate capitalists and ensure that their teams thrive. This book debunks the myth that happiness at work is a waste of time and demonstrates how it can deliver a more productive and engaged workforce, which can have real impact on the bottom line. Based on two decades of scientific research, real-time data, interviews and case studies, this book proves that happiness fuels higher performance, provides a greater sense of purpose and spreads passion throughout organizations. With insightful practical guidance throughout, *Unlocking Happiness at Work* is a lively and persuasive exploration of how to be happier and make

others happier through the power of habits, emotional intelligence and an innovative approach to work/life flow. Case studies from lululemon, Zappos, Misfit Inc, The Body Shop and more are supported by tangible data and key performance indicators that show the significant benefits that come from adopting a happiness strategy. This is an essential resource for leaders who want to increase sustainability, attract new talent, improve their brand and boost profitability - in a way that is life-enhancing for them and their people.

**The Loneliness Epidemic** Pantheon

After nearly a year of social distancing and lockdown measures, it's more clear than ever that our friendships and bonds are vital to our health and happiness. This refreshing, positive guide helps you take care of your people and form deep connections in the digital age. We are lonelier than ever. The average American hasn't made a new friend in the last five years. Research has shown that people with close friends are happier, healthier, and live longer than people who lack strong social bonds. But why—when we are seemingly more connected than ever

before—can it feel so difficult to keep those bonds alive and well? Why do we spend only four percent of our time with friends? In this warm, inspiring guide, Adam "Smiley" Poswolsky proposes a new solution for the mounting pressures of modern life: focus on your friendships. Smiley offers practical habits and playful reminders on how to create meaningful connections, make new friends, and deepen relationships. He'll help you develop a healthier relationship with technology, but he'll also encourage you to prioritize real-world experiences, send snail mail, and engage in self-reflective exercises. Written in short, digestible, action-oriented sections, this book reminds us that nurturing old and new friendships is a ritual, a necessity, and one of the most worthwhile things we can do in life.

*Senior Cohousing* Princeton University Press

"When Kristen Radtke was in her twenties, she learned that, as her father was growing up, he would crawl onto his roof in rural Wisconsin and send signals out on his ham radio. Those CQ calls were his attempt to reach somebody--anybody--

who would respond. In *Seek You*, Radtke uses this image as her jumping off point into [an] ... exploration of loneliness and the ways in which we attempt to feel closer to one another"--

*Together* Harvard Business Review Press  
WASHINGTON POST BESTSELLER A Financial Times Book of the Month  
*Back to Human* explains how a more socially connected workforce creates greater fulfillment, productivity, and engagement while preventing burnout and turnover. The next generation of leaders must create a workplace where teammates feel genuinely connected, engaged, and empowered -- without relying on technology. Based on Dan Schawbel's exclusive research studies -- featuring the perspectives of over 2,000 managers and employees across different age groups -- *Back to Human* reveals why virtual communication, though vital and useful, actually contributes to a stronger sense of isolation at work than ever before. How can we change this culture? Schawbel offers a self-assessment called the "Work Connectivity Index" that measures the strength of team relationships. He also shares exercises, examples, and activities

that readers can work on individually or as a team, which will help them increase personal productivity, be more collaborative, and become more fulfilled at work. *Back to Human* ultimately helps you decide when and how to use technology to build better connections in your work life. It is a call to action to leaders across the world to make the workplace a better experience for all of us.

### **The Rise of Chronic Stress and How We Can Fix It** Beacon Press

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.

*How a Data-driven Happiness Strategy Fuels Purpose, Passion and Performance* Harvard Business Press

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. [Electrical Neuroimaging](#) Fantagraphics Books

For fans of David Sedaris and Nora Ephron, here is a humorous, irreverent, and poignant look at the gifts, stereotypes, and inevitable challenges of aging, based on the wildly popular New York Times essay from award-winning journalist Steven Petrow. Soon after his 50th birthday, Steven Petrow began assembling a list of "things I won't do when I get old"—mostly a catalog of all the things he thought his then 70-something year old parents were doing wrong. That list, which included "You won't have to shout at me that I'm deaf," and "I won't blame the family dog for my incontinence," became the basis of this rousing collection of do's and don'ts, wills and won'ts that is equal parts hilarious, honest, and practical. The fact is, we don't want to age the way previous generations did. "Old people"

hoard. They bore relatives—and strangers—with tales of their aches and pains. They insist on driving long after they've become a danger to others (and themselves). They eat dinner at 4pm. They swear they don't need a cane or walker (and guess what happens next). They never, ever apologize. But there is another way . . . In *Stupid Things I Won't Do When I Get Old*, Petrow candidly addresses the fears, frustrations, and stereotypes that accompany aging. He offers a blueprint for the new old age, and an understanding that aging and illness are not the same. As he writes, "I meant the list to serve as a pointed reminder—to me—to make different choices when I eventually cross the threshold to 'old.'" Getting older is a privilege. This essential guide reveals how to do it with grace, wisdom, humor, and hope. And without hoarding.

**The Lost Art of Connecting: The Gather, Ask, Do Method for Building Meaningful Business Relationships**

Princeton University Press

In today's world, it is more acceptable to be depressed than to be lonely-yet loneliness appears to be the inevitable byproduct of our frenetic contemporary

lifestyle. According to the 2004 General Social Survey, one out of four Americans talked to no one about something of importance to them during the last six months. Another remarkable fact emerged from the 2000 U.S. Census: more people are living alone today than at any point in the country's history—fully 25 percent of households consist of one person only. In this crucial look at one of America's few remaining taboo subjects—loneliness—Drs. Jacqueline Olds and Richard S. Schwartz set out to understand the cultural imperatives, psychological dynamics, and physical mechanisms underlying social isolation. In *The Lonely American*, cutting-edge research on the physiological and cognitive effects of social exclusion and emerging work in the neurobiology of attachment uncover startling, sobering ripple effects of loneliness in areas as varied as physical health, children's emotional problems, substance abuse, and even global warming. Surprising new studies tell a grim truth about social isolation: being disconnected diminishes happiness, health, and longevity; increases aggression; and correlates with

increasing rates of violent crime. Loneliness doesn't apply simply to single people, either—today's busy parents "cocoon" themselves by devoting most of their non-work hours to children, leaving little time for friends, and other forms of social contact, and unhealthily relying on the marriage to fulfill all social needs. As a core population of socially isolated individuals and families continues to balloon in size, it is more important than ever to understand the effects of a culture that idealizes busyness and self-reliance. It's time to bring loneliness—a very real and little-discussed social epidemic with frightening consequences—out into the open, and find a way to navigate the tension between freedom and connection in our lives.

[Finding and Fostering Connection to God, Ourselves, and One Another](#) Running Press Adult

Facebook makes us lonely. Selfies breed narcissism. On Twitter, hostility reigns. Pundits and psychologists warn that digital technologies substantially alter our emotional states. But Luke Fernandez and Susan Matt show that technology doesn't just affect how we feel from moment to

moment—it changes profoundly the underlying emotions themselves. [Changing Feelings about Technology, from the Telegraph to Twitter](#) Da Capo Lifelong Books

Instant New York Times Bestseller  
 'Together stands with Atul Gawande's classic, *Being Mortal*.' MALCOLM GLADWELL, author of *Outliers* 'A welcome beacon towards meaningful connection'  
 ARIANNA HUFFINGTON, author of *Thrive* 'Fascinating, moving and essential reading.'  
 ATUL GAWANDE, author of *Being Mortal* 'This book is a gift'  
 SUSAN CAIN, author of *Quiet* 'Exactly what the doctor ordered'  
 ANGELA DUCKWORTH, author of *Grit* 'The most important book you'll read this year.'  
 DANIEL H. PINK, author of *Drive* 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. The world seems more connected than ever, and yet loneliness is at epidemic levels. But what effect is it having on us, and how can we treat it - even at a distance? When Obama appointed him Surgeon General of the

United States, Dr Vivek Murthy observed the growing health crisis of isolation first-hand. In this ground-breaking book, he traces the roots of the problem, and shows how loneliness lies behind some of our greatest personal and social challenges, from anxiety and depression to addiction and violence. But he also reveals the cure. His search led him to talk to doctors, scientists, parents and community members around the world. The solutions are deceptively simple and easily applicable - and the effects are transformative. And one thing is clear: real human connection is a medical necessity if we want to stay healthy, emotionally and physically. We can all create it, and benefit from it, and it is more urgent than ever that we start now.

#### Stupid Things I Won't Do When I Get Old

John Wiley & Sons

Life's too short to be unhappy at work "I'm working harder than I ever have, and I don't know if it's worth it anymore." If you're a manager or leader, these words have probably run through your mind. So many of us are feeling fed up, burned out, and unhappy at work: the constant pressure and stress, the unending

changes, the politics--people feel as though they can't give much more, and performance is suffering. But it's work, after all, right? Should we even expect to be fulfilled and happy at work? Yes, we should, says Annie McKee, coauthor of the bestselling *Primal Leadership*. In her new transformative book, she makes the most compelling case yet that happiness--and the full engagement that comes with it--is more important than ever in today's workplace, and she sheds new light on the powerful relationship of happiness to individual, team, and organizational success. Based on extensive research and decades of experience with leaders, this book reveals that people must have three essential elements in order to be happy at work: A sense of purpose and the chance to contribute to something bigger than themselves A vision that is powerful and personal, creating a real sense of hope Resonant, friendly relationships With vivid and moving real-life stories, the book shows how leaders can use these powerful pillars to create and sustain happiness even when they're under pressure. By emphasizing purpose, hope, and friendships they can also ensure a healthy,

positive climate for their teams and throughout the organization. How to Be Happy at Work deepens our understanding of what it means to be truly fulfilled and effective at work and provides clear, practical advice and instruction for how to get there--no matter what job you have.

#### *Curing the Pandemic of Everyone Feeling Alone Together* UNICEF

"One of the most interesting and useful books ever written on networking."—Adam Grant Social Chemistry will utterly transform the way you think about "networking." Understanding the contours of your social network can dramatically enhance personal relationships, work life, and even your global impact. Are you an Expansionist, a Broker, or a Convener? The answer matters more than you think. . . . Yale professor Marissa King shows how anyone can build more meaningful and productive relationships based on insights from neuroscience, psychology, and network analytics. Conventional wisdom says it's the size of your network that matters, but social science research has proven there is more to it. King explains that the quality and structure of our relationships has the greatest impact on



our personal and professional lives. As she illustrates, there are three basic types of networks, so readers can see the role they are already playing: Expansionist, Broker, or Convener. This network decoder enables readers to own their network style and modify it for better alignment with their life plans and values. High-quality connections in your social network strongly predict cognitive functioning, emotional resilience, and satisfaction at work. A well-structured network is likely to boost the quality of your ideas, as well as your pay. Beyond the office, social connections are the lifeblood of our health and happiness. The compiled results from dozens of previous studies found that our social relationships have an effect on our likelihood of dying prematurely—equivalent to obesity or smoking. Rich stories of Expansionists like Vernon Jordan, Brokers like Yo-Yo Ma, and Conveners like Anna Wintour, as well as personal experiences from King's own world of connections, inform this warm, engaging, revelatory investigation into some of the most consequential decisions we can make about the trajectory of our lives.

#### How Great Leaders Create Connection in the Age of Isolation HarperCollins

In this important and timely book, workplace well-being expert Jennifer Moss helps leaders and individuals prevent burnout and create healthier, happier, and more productive workplaces. We tend to think of burnout as a problem we can solve with self-care: more yoga, better breathing techniques, and more resilience. But evidence is mounting that applying personal, Band-Aid solutions to an epic and rapidly evolving workplace phenomenon isn't enough—in fact, it's not even close. If we're going to solve this problem, organizations must take the lead in developing an antiburnout strategy that moves beyond apps, wellness programs, and perks. In this eye-opening, paradigm-shifting, and practical guide, Jennifer Moss lays bare the real causes of burnout and how organizations can stop the chronic stress cycle that an alarming number of workers suffer through. The Burnout Epidemic explains: What causes burnout—and what organizations can do to prevent it Why traditional wellness initiatives fall short How companies can build an antiburnout strategy based on

prevention, not perks How leaders can measure burnout in their own organizations What leaders can do to develop a healthier culture that prioritizes resilience and curiosity As the pandemic has shown, self-care is important, but it's not a cure-all for burnout. Employers need to do more. With fascinating research, new findings from the pandemic, and interviews with business leaders around the globe, *The Burnout Epidemic* offers readers insightful and actionable advice that will empower them to help themselves—and their employees—feel healthier and happier at work.

*How Employers Rule Our Lives (and Why We Don't Talk about It)* Oxford University Press

"A gorgeous graphic memoir about loss, love, and confronting grief. When Kristen Radtke was in college, the sudden death of a beloved uncle and, not long after his funeral, the sight of an abandoned mining town marked the beginning moments of a lifelong fascination with ruins and with people and places left behind. Over time, this fascination deepened until it triggered a journey around the world in search of ruined places. Now, in this genre-smashing

graphic memoir, she leads us through deserted towns in the American Midwest, Italian villas, islands in the Philippines, New York City, and the delicate passageways of the human heart. At once narrative and factual, historical and personal, Radtke's stunning illustrations and piercing text never shy away from the big questions: why are we here, and what will we leave behind?"--

*Imagine Wanting Only this* Profile Books

What makes people lonely? And how can Christian communities better minister to the lonely? In *The Loneliness Epidemic*, behavioral scientist and researcher Susan Mettes explores those questions and more. Guided by current research from Barna Group, Mettes illustrates the profound physical, emotional, and social toll of loneliness in our country. Surprisingly, her research shows that it is not the oldest Americans but the youngest

adults who are loneliest, and that social media can actually play a positive role in alleviating loneliness. Mettes highlights the role that belonging, friendship, closeness, and expectations play in preventing it. She also offers meaningful ways the church can minister to lonely people, going far beyond simplistic solutions--like helping them meet new people--to addressing their inner lives and the God who understands them. With practical and highly applicable tips, this book is an invaluable tool for anyone--ministry leaders, parents, friends--trying to help someone who feels alone. Readers will emerge better able to deal with their own loneliness and to help alleviate the loneliness of others. Foreword by Barna Group president David Kinnaman.

*A Simple, Speedy, and Sustainable Path to Superior Growth* Harvard Business Review Press

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.