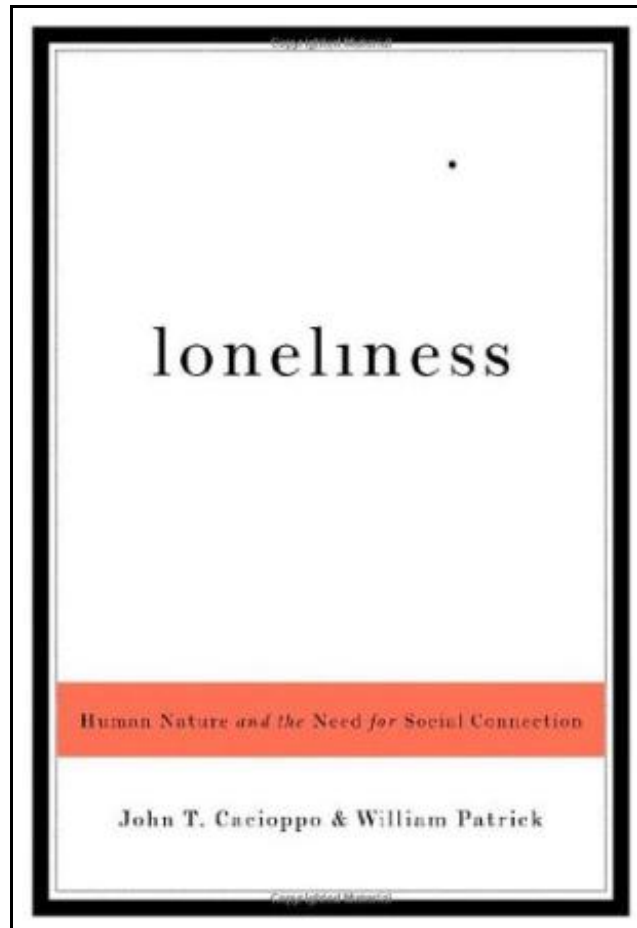


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(Prof. Antone Olson II)*

LONELINESS: HUMAN NATURE AND THE NEED FOR SOCIAL CONNECTION (HARDBACK)



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WW Norton Co, United States, 2008. Hardback. Condition: New. Language: English . Brand New Book. John T. Cacioppo s groundbreaking research topples one of the pillars of modern medicine and psychology: the focus on the individual as the unit of inquiry. By employing brain scans, monitoring blood pressure, and analyzing immune function, he demonstrates the overpowering influence of social context-a factor so strong that it can alter DNA replication. He defines an unrecognized syndrome-chronic loneliness-brings it out of the shadow of its cousin depression, and shows how this subjective sense of social isolation uniquely disrupts our perceptions, behavior, and physiology, becoming a trap that not only reinforces isolation but can also lead to early death. He gives the lie to the Hobbesian view of human nature as a war of all against all, and he shows how social cooperation is, in fact, humanity s defining characteristic. Most important, he shows how we can break the trap of isolation for our benefit both as individuals and as a society.



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