



Loneliness: Human Nature and the Need for Social Connection

By John T. Cacioppo

W. W. Norton & Company. Paperback. Book Condition: New. Paperback. 336 pages. Dimensions: 8.2in. x 5.4in. x 1.0in. One of the most important books about the human condition to appear in a decade. Daniel Gilbert, author of *Stumbling on Happiness* University of Chicago social neuroscientist John T. Cacioppo unveils his pioneering research on the startling effects of loneliness: a sense of isolation or social rejection disrupts not only our thinking abilities and will power but also our immune systems, and can be as damaging as obesity or smoking. A blend of biological and social science, this book demonstrates that, as individuals and as a society, we have everything to gain, and everything to lose, in how well or how poorly we manage our need for social bonds. 12 illustrations This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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