

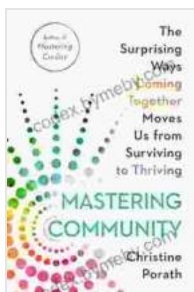
Unlock the Power of Connection: The Surprising Ways Coming Together Moves Us From Surviving to Thriving

We live in a world that often prizes independence and self-reliance. We're taught to pull ourselves up by our bootstraps and go it alone. But what if the key to success and happiness doesn't lie in isolation, but in connection?

In her groundbreaking book, *The Surprising Ways Coming Together Moves Us From Surviving to Thriving*, Dr. Susan Pinker argues that connection is essential to our physical, mental, and emotional well-being. She draws on decades of research to show that social connection can:

- Boost our immune system
- Reduce our risk of heart disease and stroke
- Improve our cognitive function
- Increase our happiness and satisfaction with life

But connection isn't just good for our health. It's also essential for our success.



Mastering Community: The Surprising Ways Coming Together Moves Us from Surviving to Thriving

by Christine Porath

★★★★☆ 4.5 out of 5

Language : English

File size : 1845 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 321 pages



Studies have shown that people who have strong social connections are more likely to:

- Achieve their goals
- Earn higher incomes
- Have happier and more fulfilling relationships

So how do we build stronger social connections?

Dr. Pinker offers a number of practical tips, including:

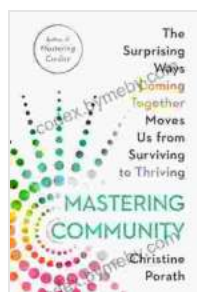
- **Make time for face-to-face interactions.** In our increasingly digital world, it's easy to get caught up in online communication. But nothing beats the power of face-to-face interaction. Make an effort to spend time with friends and family in person, even if it's just for a short while.
- **Join a group or club.** This is a great way to meet people who share your interests. There are groups for everything from hiking to book clubs to community service.
- **Volunteer your time.** Helping others is a great way to make a difference in your community and meet new people.
- **Be open to new experiences.** Step outside your comfort zone and try new things. You never know who you might meet or what you might

learn.

Connecting with others is essential for our health, happiness, and success. So make an effort to build stronger social connections today. You won't regret it.

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