

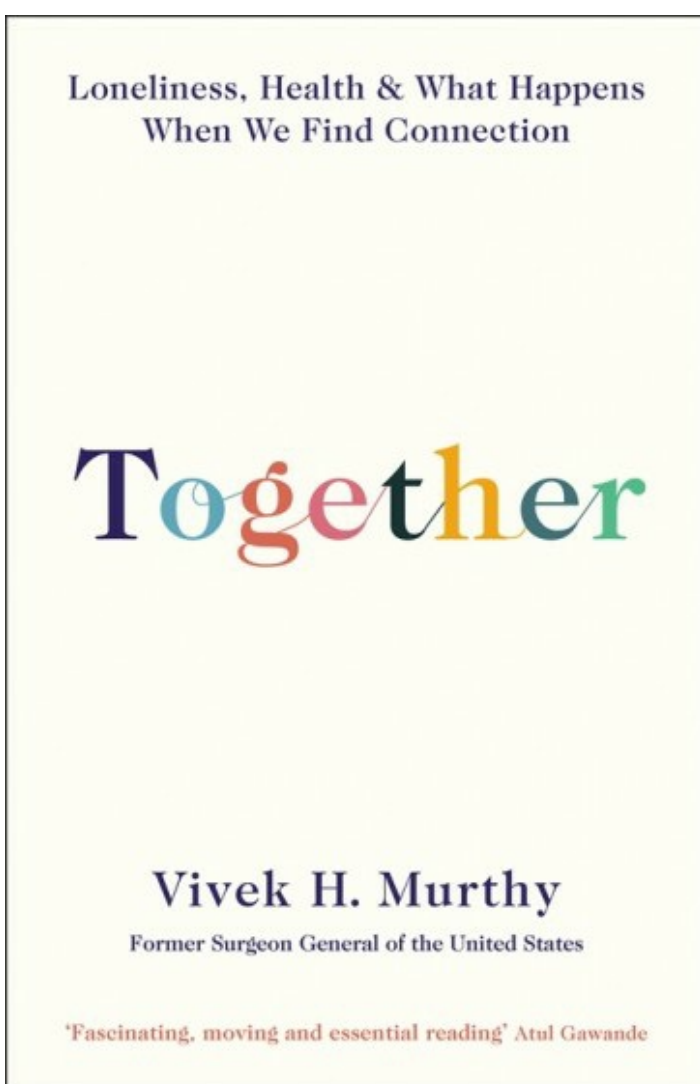
Together

Loneliness, Health and What Happens When We Find Connection

“If we come out of this pandemic with a greater commitment to leading a people centred life, and to building a people centred world, then we will have taken an extraordinarily difficult moment and put ourselves on a path of creating better lives and a stronger world...”

– Dr Vivek H. Murthy

Together | Vivek H. Murthy | Wellcome Collection | May 2020 | 9781788164740 | TPB | R355



'The most important book you'll read this year.'

DANIEL H. PINK

'*Together* stands with Atul Gawande's classic, *Being Mortal*.'

MALCOLM GLADWELL

'A welcome beacon towards meaningful connection.'

ARIANNA HUFFINGTON

'Fascinating, moving and essential reading.'

ATUL GAWANDE

'This book is a gift.'

SUSAN CAIN

'Exactly what the doctor ordered.'

ANGELA DUCKWORTH

About the book

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.

Author Biography

Dr. Vivek H. Murthy is a physician, researcher, public health expert, and entrepreneur. From 2014 to 2017, he served as the 19th Surgeon General of the United States. His writings have been published in leading medical journals, newspapers and magazines, and his work has been covered extensively in national and international media.

For **publicity enquiries** or to **request a review copy** of **TOGETHER**
please **contact Jennifer Ball**: jennifer.ball@jonathanball.co.za
