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A must-read exploration of the transformative power of authentic human connection and the detrimental effects of loneliness.

ISBN: 9781961293212 * \$15.00 / \$20.00 CAN

Hardcover * 4-3/4 x 7-1/8 * 128 pp

In today's world, we can often feel disconnected and lonely. Our interactions are increasingly digital, leading to impersonal interactions that fail to satisfy our essential need for real connection. **HAPPIER TOGETHER: How to Find Your People & Make Friends That Last** celebrates the value of friendships at every stage of life and

their role in creating a strong foundation for health, happiness, and longevity.

Essential for anyone looking to overcome loneliness, **HAPPIER TOGETHER** details the how, when and where to find friends, start new relationships and nurture existing connections. The book is a powerful reminder that fostering meaningful relationships is essential for our well-being. By understanding the importance of friendship and actively working to build and maintain these connections, we can lead longer, more fulfilling lives.

The Loneliness Solution – A Great Gift Idea

Dr. Lori Whatley is a licensed Marriage and Family therapist with a Doctorate in Clinical Psychology. Based in Atlanta, Georgia, she specializes in healthy human connections and believes connection is the cure for the loneliness epidemic in our world. She has written several books about connection, including *Connected and Engaged: How to Manage Digital Distractions and Reconnect with the World around You*.

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