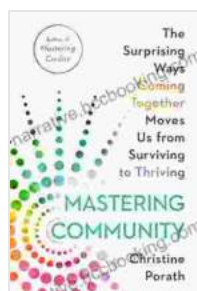


The Surprising Ways Coming Together Moves Us From Surviving To Thriving

In a world that often feels isolating and divided, it's more important than ever to come together. Coming together can help us to feel more connected, supported, and loved. It can also help us to solve problems, achieve our goals, and make a difference in the world.

In her new book, "The Surprising Ways Coming Together Moves Us From Surviving To Thriving," Dr. Susan Pinker explores the science of connection and shows how coming together can have a profound impact on our physical, mental, and emotional health.



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



Pinker's research shows that coming together can:

- Boost our immune system

- Lower our stress levels
- Increase our happiness
- Improve our cognitive function
- Help us to live longer

Coming together can also help us to build stronger relationships, which are essential for our well-being. Strong relationships can provide us with support, love, and companionship. They can also help us to feel more connected to our community and to the world around us.

When we come together, we create a sense of belonging. This sense of belonging can help us to feel more secure and confident. It can also motivate us to work together to achieve our goals.

Coming Together in Action

There are many ways to come together. We can come together with our family, friends, neighbors, colleagues, or even strangers. We can come together in person, online, or through shared activities.

No matter how we come together, the important thing is to connect with others on a meaningful level. When we do this, we open ourselves up to the many benefits that coming together has to offer.

Here are a few examples of how coming together can make a difference in our lives:

- **Coming together can help us to cope with stress.** When we're stressed, our bodies release the hormone cortisol. Cortisol can have a

negative impact on our health, but social support can help to reduce cortisol levels.

- **Coming together can help us to improve our mental health.** People who have strong social connections are less likely to experience depression, anxiety, and other mental health problems.
- **Coming together can help us to live longer.** A study published in the journal JAMA Internal Medicine found that people who have strong social connections are more likely to live longer than those who do not.

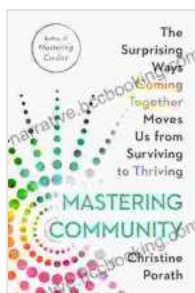
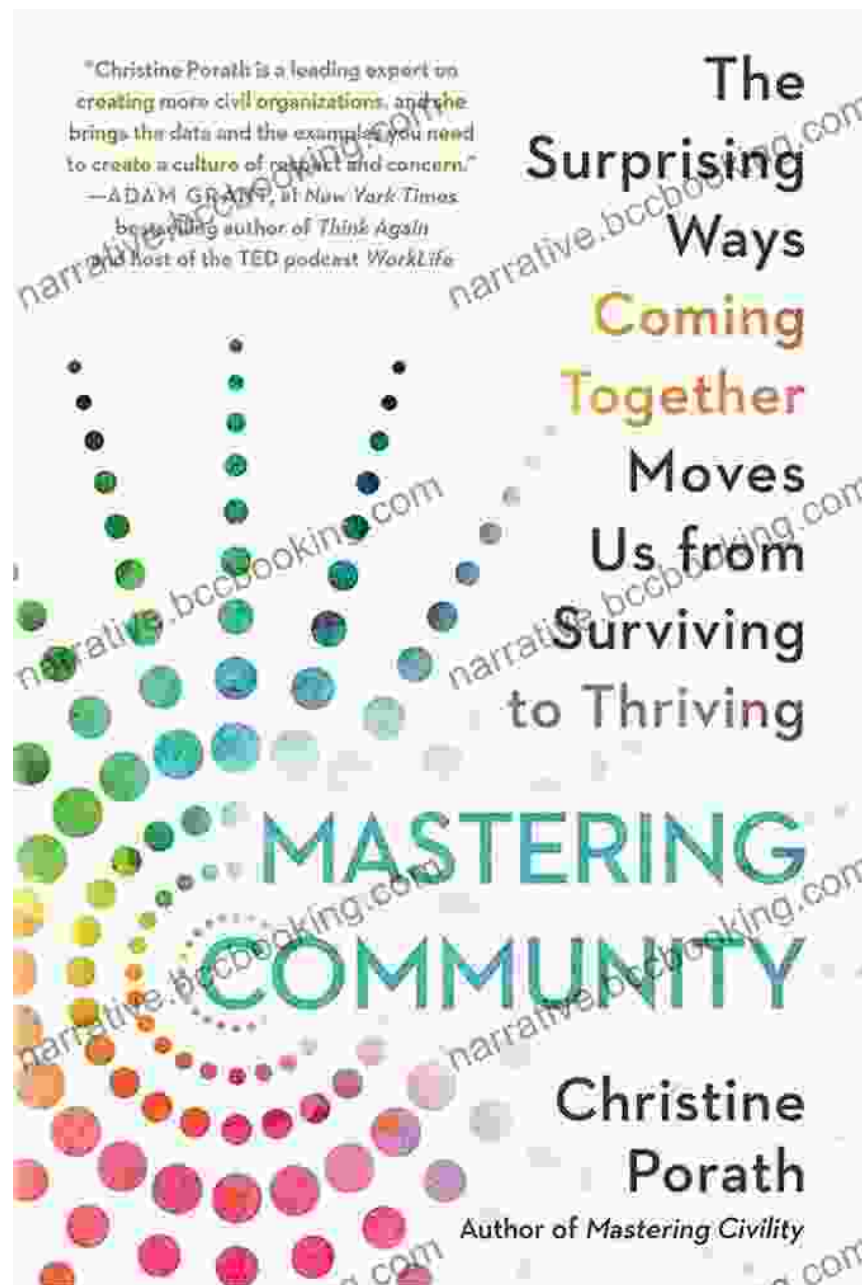
The Power of Connection

The science is clear: coming together is good for us. It can help us to live longer, healthier, and happier lives.

So what are you waiting for? Reach out to your loved ones, join a club or group, or volunteer your time to a cause you care about. Coming together is one of the best things you can do for your health and well-being.

In her book, "The Surprising Ways Coming Together Moves Us From Surviving To Thriving," Dr. Susan Pinker shows us the power of connection. She shows us how coming together can help us to live longer, healthier, and happier lives.

So let's come together and make the world a better place.



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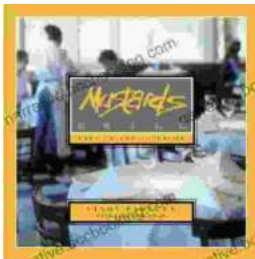
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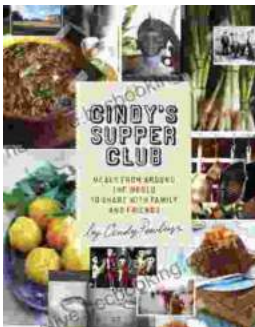
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