



Living a Connected Life: Creating and Maintaining Relationships That Last

Kathleen A. Brehony

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A psychotherapist provides a prescription for creating and strengthening the essential relationships that give our lives meaning

It is often difficult, in our hurried world, to create and maintain the kinds of connections necessary for a healthy life. We communicate with co-workers down the hall via e-mail, make friends on the Internet, live thousands of miles away from our families, and spend less and less time with our overscheduled spouses and children. These and other modern difficulties contribute to increased isolation and alienation. *In Living a Connected Life*, Dr. Kathleen A. Brehony poses and answers an essential question: "What does it mean to belong?" She presents research that underlines both the importance of social connections and the difficulties caused by their absence, and helps us recognize and understand these effects not only intellectually but with our hearts.

But this timely and important book is much more than a description of the problem-*Living a Connected Life* is a practical guide as well. Brehony includes inventories for self-evaluation; outlines her Steps to Enduring Relationships, meaningful measures to improve our webs of support and social connection; and shows how we can become more confident of our intrinsic worth and happier in our day-to-day existence.

Filled with personal stories and anecdotes and drawing upon spiritual teachings, poetry, and myth for illustration, *Living a Connected Life* is a timely guide to creating lasting relationships.

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