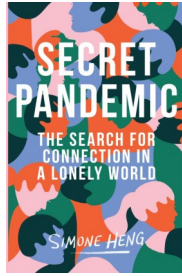


Book Information



SECRET PANDEMIC: THE SEARCH FOR CONNECTION IN A LONELY WORLD

AUTHOR: Heng, Simone

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Synopsis:

As human beings, our brains are wired for connection. The feelings of disconnectedness people are facing today — isolation within our families, digital addiction, emotional trauma — hold worrying consequences for our mental well-being. We've lost touch with the human tribe we were born into. In this compelling guide to navigating connection in our modern world, human connection phenom Simone Heng walks you through the meaning of human connection as it relates to every aspect of life. Learn how to distinguish authentic connection from fake substitutes, understand how family trauma affects the way you connect with others, and discover the precise orbits of friendship you need to feel socially fulfilled. Human connection is one of our most essential needs. With Secret Pandemic: The Search for Connection in a Lonely World, you can stop searching for it and start living it, forging the genuine connections we all crave.

Affiliation: Simone Heng Speaking Pte Ltd

List of Awards:

Marketing Notes: Inspiring people to connect in a world thirsty for connection.

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