

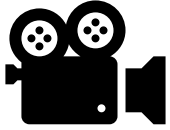
"We are all so much together, but we are all dying of loneliness" - Albert Schweitzer



Loneliness: Human Nature and the Need for Social Connection by John T. Cacioppo and William Patrick

Leaving Loneliness: A Workbook: Building Relationships with Yourself and Others by David Narang Ph.D.

The Guardian – **The Loneliness Project Canada Toronto** stories - [READ](#)



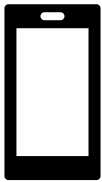
Late Spring (1949)
The Apartment (1960)
Taxi Driver (1976)
Lights in the Dusk (2006)
Tony Takitani (2004)
Chungking Express (1994)

Summer Madness (1955)
The Green Ray (1986)
Uzak (2002)
Christine (2016)
Fear Eats the Soul (1974)



CBC Cross Country Checkup – **Should Canada Develop a Strategy to Combat the Growing Problem of Loneliness**

Click [HERE](#) to listen



[AMINTRO](#) – Social Networking Site for the 50+ Generation

[GoHappy](#) – the simplest way to get together in person (app)

[The Lonely Hour Podcast](#)

[Forget Me Not](#)

(friendly phone call program)



The Loneliness Project UK – September 2017 - [WATCH](#)

Ted Talk – **How Cohousing can make us happier (and live longer)** - [WATCH](#)

The Loneliness Project - [WEBSITE](#)



- How does living alone and isolation contribute to Loneliness - How can we create public and common spaces to encourage less isolation and how can communal living and co housing help?
 - How does Social Media and a Plugged In Life contribute to Loneliness - How can we unplug and include more 'analog' and bring more 'slow living' into our lives to increase real and personal connections?
 - How does Depression, Anxiety, and other forms of Mental Illness contribute to feelings of Loneliness and Isolation - How can we support those who are suffering, and how can practises such as Yoga, Meditation, and Forest Bathing help us all feel more connected to ourselves and each other?
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