

## **The Village Effect Why Face To Contact Is Good For Our Health Happiness Learning And Longevity Susan Pinker**

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The Village Effect. In this surprising, entertaining and persuasive new book, psychologist Susan Pinker shows how face-to-face contact is crucial for learning, happiness, resilience and longevity. From birth to death, human beings are hard-wired to connect to other human beings. Face-to-face contact matters: tight bonds of friendship and love heal us, help children learn, extend our lives and make us happy.

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A lot of research has been done regarding the benefits of social contact. The brain is a social organ as many neuroscientists assert, and we are greatly affected by the degree of face-to-face contact we engage in. "The Village Effect" underscores this, highlighting many studies which illustrate this concept.

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While information about diet, exercise, and new classes of drugs were the life-changing

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breakthroughs of the past decades, the new evidence is that social bonds - the people we know and care about-are just as critical to our survival. The Village Effect tells the story of the ways face-to-face human contact changes our minds, literally.

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The Village Effect: Why Face-to-Face Contact Matters by Susan Pinker 418pp, Atlantic Books, Telegraph offer price: £13.49 (PLUS £1.35 p&p) (RRP £14.99, ebook £6.59) . Call 0844 871 1515 or see ...

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Buy The Village Effect: Why Face-to-face Contact Matters Main by Pinker, Susan (ISBN: 9781848878587) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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## **The Village Effect | Psychology Today**

Description of the book "The Village Effect: Why Face-to-Face Contact Matters": "Marrying the findings of the new field of social neuroscience together with gripping human stories, award-

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But, as Pinker writes so compellingly, we need close social bonds and uninterrupted face-time with our friends and families in order to thrive—even to survive. Creating our own “village effect” makes us happier. It can also save our lives. Praise for The Village Effect “The benefits of the digital age have been oversold.

### **The Village Effect: How Face-to-Face Contact Can Make Us ...**

Creating our own village effect makes us happier. It can also save our lives. Praise for The Village Effect The benefits of the digital age have been oversold. Or to put it another way: there is plenty of life left in face-to-face, human interaction. That is the message emerging from this entertaining book by Susan Pinker, a Canadian psychologist.

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