



## daily GOOD

What is humanity, really, but a family of families? --Vivek Murthy

### **Former Surgeon General's Book on Human Connection**

"When Dr. Vivek Murthy was surgeon general of the United States during the Obama administration, he went on a listening tour of America: He wanted to hear firsthand about people's health concerns. That meant addressing opioid addiction, diabetes and heart disease. And one more thing -- something he wasn't really prepared for -- the number of Americans suffering from a lack of human connection. Loneliness, he learned, was impacting them not only mentally but also physically. It's a subject he writes about in his new book, 'Together: The Healing Power of Human Connection in a Sometimes Lonely World.'"

### **Be The Change:**

Make an effort this week to reach out to someone in your community who may be feeling particularly lonely or isolated.