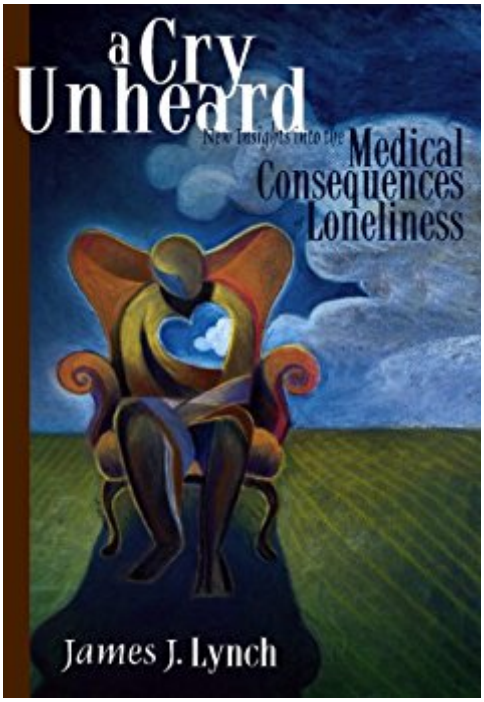
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A Cry Unheard: New Insights Into The Medical Consequences Of Loneliness



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Synopsis

With information technologies such as the web rapidly expanding our capacity to communicate with each other via electronic technologies, Ã¢â ¬Å“A Cry UnheardÃ¢â ¬Â• describes the lethal consequences of the rise of loneliness in modern life. This plague has emerged as one of the leading causes of premature death in all technologically advanced nations. Fueled by powerful social forces that contribute to the disturbance and disruption of human dialogue-including school failure, family and communal disintegration, divorce, the loss of loved ones- it is as if some electronic PandoraÃ¢â ¬â„¢ s box has unleashed and fostered an ever-spreading plague of Ã¢â ¬Å“disembodied dialogueÃ¢â ¬Â• in our midst. Unlike our ancestors a century earlier, we live in a world in which telephones talk, and radios talk, and computers talk, and televisions talk, and there is Ã¢â ¬Å“no-bodyÃ¢â ¬Â• there. Human speech has literally been extracted from its own biological home, extracted from the human heart, as if we could really speak from Ã¢â ¬Å“no-placeÃ¢â ¬Â• to Ã¢â ¬Å“no-body.Ã¢â ¬Â• And while the lack of human companionship, the absence of face to face dialogue, and the Ã¢â ¬Å“disembodimentÃ¢â ¬Â• of human dialogue and loneliness has been linked to virtually every major disease, from cancer, AlzheimerÃ¢â ¬â„¢s disease, tuberculosi,s and mental illness, the link is particularly marked in the case of heart disease, the worldÃ¢â ¬â„¢s leading killer. Every year, tens of millions die prematurely, no longer able to communicate with their fellow man, lonely and brokenhearted.Drawing on a lifetime of his own medical research, Dr. Lynch outlines recent discoveries that explain how such disparate socially isolating experiences as school failure, divorce, and living alone share a common disease, a Ã¢â ¬Å“communicative dis-easeÃ¢â ¬Â• that literally has the power to break the human heart. Hailed by many of our nationÃ¢â ¬â„¢s leading medical experts as a pioneer, visionary, as well as THE expert in Ã¢â ¬Å“affairs of the heartÃ¢â ¬Â•, Dr. Lynch predicts in this seminal and groundbreaking book that Ã¢â ¬Å“Communicative disease will come to be recognized as every bit as important as communicable disease as a major health threat." His path- breaking research on the power of human touch to affect the hearts of patients in intensive care units, (as well as the hearts of animals in laboratory settings) and his discovery that during the course of even the most ordinary conversations, blood pressure can rise far more than it does to maximal physical exercise are but a few pieces of a health mosaic depicting the power of friendships, human dialogue, and community to influence our very survival. With that rare combination of poet and scientist, he describes in moving terms the Ã¢â ¬Å“vascular see-saw of all human dialogue- blood pressure rising when we speak to others, and falling below baseline levels when we listen to others or attend to companion animals and the rest of the natural world. He

admonishes us that Ã¢â ¬Å“exercises to improve communicative healthÃ¢â ¬Â• must be taken every bit as seriously as exercises on treadmills to improve physical health.Ã¢â ¬Â• School failure and other childhood experiences with Ã¢â ¬Å“toxic talk,Ã¢â ¬Â• as well as adults use of language to hurt, control and manipulate rather than to reach out, hear and listen to others, contribute to an unbearable type of loneliness that literally breaks our hearts. Dr. Lynch shows that when we speak to others-whether it is our own children, or those we are attempting to love- we touch their hearts as well. Echoing the time honored Biblical truth, he pleads with us to recognize the wisdom that we are indeed Ã¢â ¬Å“our brotherÃ¢â ¬â„¢s keeper,Ã¢â ¬Â• and that failure to recognize that simple truth forces us into communicative exile, and ultimately premature death. Truly, he concludes in this moving book, that Ã¢â ¬Å“dialogue is the elixir of life, and loneliness its lethal poison.Ã¢â ¬Â• The choice we face is quite clear: we must either learn to live together-or we shall die prematurely, alone.

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Customer Reviews

Yes we live in a Lonely Culture. FOR SURE. This book is about how lack of love and nurturing effect our hearts. We actually can and do die of broken hearts. all the time ! All the exercise and Good Nutrition in the world means Jack without Love ! So many people have no empathy or compassion for others...even family members ! I LOVE THIS BOOK ! I don’t have a way with words...but I am saying this is well written and easy to read for the lay person, like me. I got 2 copies to give one away !

This book is rather astounding. I was surprised at how well the author documented, citing specific medical studies, the impact of loneliness and of hurtful communication. We have become far too mean in our homes, our schools, and our offices. This is amplified by a media blitz that thrives on conflict and anger. Here in this book we see the authentic health consequences of the relentless tone of hostility in our society. Can we learn to communicate in a way that starts to heal? Reading these case studies may be a great way to start.

A sobering collection of medical studies and evidence that being alone and physically isolated is one of the most harmful things we can do for our health.

Very, very, very good. The book is excellent! First class job! Thanks. I’ll look for other titles by James Lynch

Very good book! I needed it for a class!

Good followup to "The Language of the Heart"

This was a very educational book. I was interested in the book because I know that at my work. We all work weird hours and have odd days off. So we are not afforded a lot of family time or time with friends. We seem to attend many funerals of our co-workers and/their wives. So I was hoping to learn something useful from the book.I learned more than something useful. While listening to the book I learned a lot about myself, friends, co-workers and even my kids. I found that I needed to try harder to spend time with important people in my life. I also realized I needed to have more patience with co-workers. That I used to think talked a little too much. Really it gave me a new understanding of the people around me. I know that I try to always to be kind to people because I donÃƒÂ¢Ã â ¬Ã â„¢t know how their lives really are. But I have this new understanding of what

human kindness can do for those people I interact with.I learned that with my youngest son he needed so much more from us. I have tried to make a point to interact with him differently also. I finished this book about 4 days ago and I can already see the difference in our relationship. His attitude has started to change for the better when he talks with us. Yesterday I found myself thinking ÃƒÂ¢Ã â ¬Ã Å“WowÃƒÂ¢Ã â ¬Ã Â• this is what it was all along.The author has been studying and documenting the effects of loneliness for many years. He has a very clear grasp on what we need to be healthy. IÃƒÂ¢Ã â ¬Ã â„¢ve known all along it had to be more than just eat right and exercise. But this truly makes sense to me. But that is easy for me to see because every year for the last 18 years I seen too many funerals for people for are only around 60 to 65 at my work past away. Never did I dream it could be from the loneliness we all feel in our normal routine but it does make sense.I have also heard it is unknown why people who regularly attend church live longer. Well that would make sense. They would have a strong connection to the others at the church and socialize much more. They also have people to look forward to seeing on a regular schedule.So I highly recommend this book to anyone who wants to study the subject or just learn something new about yourself and others around you.About the narrator Charles Norman his voice was very clear and easy to listen too. I think I have also heard him as a narrator on TV documentary series. So it was nice to listen to a familiar voice.

This is an interesting, important, and well-written book on a subject that is overlooked, often perhaps out of embarrassment. The emotional consequences of loneliness are neither surprising nor unexpected. It is the biomedical consequences that are the surprise, and which are so infrequently identified because their roots are concealed in time and then protected by shame, by secrecy, and by social taboos against exploring certain areas of human experience. "A Cry Unheard" would be a good purchase by, or a gift for, any practicing physician. Vincent J. Felitti, MD

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