



A Cry Unheard: New Insights into the Medical Consequences of Loneliness

James J. Lynch

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It is one of the most perplexing paradoxes of modern life. As technology dramatically expands our ways of communicating, loneliness has become one of the leading causes of premature death in all technologically advanced nations. The medical toll is made heavier by powerful social forces—school failure, family and communal disintegration, divorce, the loss of loved ones. And while loneliness, the lack of human companionship, and the absence of face-to-face dialogue have all been linked to virtually every major disease, the link is particularly marked in the case of heart disease, the nation's leading killer. Every year, millions die prematurely, lonely and brokenhearted, no longer able to communicate with their fellow human beings. Drawing on a lifetime of his own medical research, Dr. James Lynch provides a groundbreaking sequel to his best-selling *The Broken Heart*. In our modern-day world, writes Lynch, telephones talk, and radios talk, and computers talk, and televisions talk, yet "no body" is there.

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