



# The Village Effect: How Face-to-Face Contact Can Make Us Healthier and Happier

*Susan Pinker*

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**The Village Effect: How Face-to-Face Contact Can Make Us Healthier and Happier** Susan Pinker  
**In her surprising, entertaining and persuasive new book, award-winning author and 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. Looser in-person bonds matter, too, combining with our close relationships to form a personal "village" around us, one that exerts unique effects. And not just any social networks will do: we need the real, face-to-face, in-the-flesh encounters that tie human families, groups of friends and communities together.

Marrying the findings of the new field of social neuroscience together with gripping human stories, Susan Pinker explores the impact of face-to-face contact from cradle to grave, from city to Sardinian mountain village, from classroom to workplace, from love to marriage to divorce. Her results are enlightening and enlivening, and they challenge our assumptions. Most of us have left the literal village behind, and don't want to give up our new technologies to go back there. 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" can make us happier. It can also save our lives.

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People live in this new moment of lifestyle always try to and must have the spare time or they will get wide range of stress from both way of life and work. So , if we ask do people have extra time, we will say absolutely indeed. People is human not really a robot. Then we consult again, what kind of activity do you have when the spare time coming to you of course your answer may unlimited right. Then do you ever try this one, reading publications. It can be your alternative within spending your spare time, typically the book you have read is definitely *The Village Effect: How Face-to-Face Contact Can Make Us Healthier and Happier*.

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Playing with family in the park, coming to see the sea world or hanging out with friends is thing that usually you could have done when you have spare time, after that why you don't try point that really opposite from that. A single activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition info. Even you love *The Village Effect: How Face-to-Face Contact Can Make Us Healthier and Happier*, it is possible to enjoy both. It is great combination right, you still desire to miss it? What kind of hang-out type is it? Oh come on its mind hangout fellas. What? Still don't obtain it, oh come on its known as reading friends.

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