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These startling revelations of how much we truly influence one another are revealed in the studies of Drs. Christakis and Fowler, which have repeatedly made front-page news nationwide. In Connected, the authors explain why emotions are contagious, how health behaviors spread, why the rich get richer, even how we find and choose our partners.

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James H. Fowler Connected: The Surprising Power of Our Social Networks and How They Shape Our Lives -- How Your Friends' Friends' Friends Affect Everything You Feel, Think, and Do Paperback - Illustrated, January 12, 2011 by James H. Fowler PhD (Author), Nicholas A. Christakis MD PhD (Author) 4.2 out of 5 stars 162 ratings

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Connected : the surprising power of our social networks and how they shape our lives / Nicholas A. Christakis and James H. Fowler.-1st ed. p. cm. Includes bibliographical references and index. ISBN 978-0-316-03614-6 (hc) / 978-0-316-07258-8 (int'l ed) 1. Social networks. I. Fowler, James H. II. Title. HM741.C46 2009 302.3-dc22 2009018349

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Connected: The Surprising Power of Our Social Networks and How They Shape Our Lives -- How Your Friends' Friends' Friends Affect Everything You Feel, Think, and Do Paperback - Jan. 12 2011 by Nicholas A. Christakis MD PhD (Author), James H. Fowler PhD (Author) 4.1 out of 5 stars 97 ratings See all 14 formats and editions

~~Connected: The Surprising Power of Our Social Networks and ...~~

Celebrated scientists Nicholas Christakis and James Fowler explain the amazing power of social networks and our profound influence on one another's lives. Your colleague's husband's sister can make you fat, even if you don't know her. A happy neighbor has more impact on your happiness than a happy spouse. These startling revelations of how much we truly influence one another are revealed in ...

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Connected: The Surprising Power of Our Social Networks and How They Shape Our Lives (Book Review) written by Derrick Carpenter April 28, 2010 Derrick Carpenter, MAPP '07, is a founder of Vive Training where he coaches individuals and corporate clients on creating high-engagement lifestyles through physical and psychological wellness.

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{PDF} Nickolas A. Christakis and James H. Fowler (2009), Connected: The Surprising Power of our Social Networks and How they Shape our Lives, Little, Brown, New York, NY. 353 pages.

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It is as if we can feel the pulse of the social world around us and respond to its persistent rhythms. As part of a social network, we transcend ourselves, for good or ill, and become a part of something much larger. We are connected." ? Nicholas A. Christakis, Connected: The Surprising Power of Our Social Networks and How They Shape Our Lives

Renowned scientists Christakis and Fowler present compelling evidence for our profound influence on one another's tastes, health, wealth, happiness, beliefs, even weight, as they explain how social networks form and how they operate.

Celebrated scientists Nicholas Christakis and James Fowler explain the amazing power of social networks and our profound influence on one another's lives. Your colleague's husband's sister can make you fat, even if you don't know her. A happy neighbor has more impact on your happiness than a happy spouse. These startling revelations of how much we truly influence one another are revealed in the studies of Dr. Christakis and Fowler, which have repeatedly made front-page news nationwide. In Connected, the authors explain why emotions are contagious, how health behaviors spread, why the rich get richer, even how we find and choose our partners. Intriguing and entertaining, Connected overturns the notion of the individual and provides a revolutionary paradigm-that social networks influence our ideas, emotions, health, relationships, behavior, politics, and much more. It will change the way we think about every aspect of our lives.

Based on exciting discoveries in mathematics, genetics, psychology and sociology, 'Connected' is an innovative and fascinating exploration of how social networks operate.

From the founding director of the MIT Center for Collective Intelligence comes a fascinating look at the remarkable capacity for intelligence exhibited by groups of people and computers working together. If you're like most people, you probably believe that humans are the most intelligent animals on our planet. But there's another kind of entity that can be far smarter: groups of people. In this groundbreaking book, Thomas Malone, the founding director of the MIT Center for Collective Intelligence, shows how groups of people working together in superminds -- like hierarchies, markets, democracies, and communities -- have been responsible for almost all human achievements in business, government, science, and beyond. And these collectively intelligent human groups are about to get much smarter. Using dozens of striking examples and case studies, Malone shows how computers can help create more intelligent superminds simply by connecting humans to one another in a variety of rich, new ways. And although it will probably happen more gradually than many people expect, artificially intelligent computers will amplify the power of these superminds by doing increasingly complex kinds of thinking. Together, these changes will have far-reaching implications for everything from the way we buy groceries and plan business strategies to how we respond to climate change, and even for democracy itself. By understanding how these collectively intelligent groups work, we can learn how to harness their genius to achieve our human goals. Drawing on cutting-edge science and insights from a remarkable range of disciplines, Superminds articulates a bold -- and utterly fascinating -- picture of the future that will change the ways you work and live, both with other people and with computers.

A piercing and scientifically grounded look at the emergence of the coronavirus pandemic and how it will change the way we live--"excellent and timely." (The New Yorker) Apollo's Arrow offers a riveting account of the impact of the coronavirus pandemic as it swept through American society in 2020, and of how the recovery will unfold in the coming years. Drawing on momentous (yet dimly remembered) historical epidemics, contemporary analyses, and cutting-edge research from a range of scientific disciplines, bestselling author, physician, sociologist, and public health expert Nicholas A. Christakis explores what it means to live in a time of plague--an experience that is paradoxically uncommon to the vast majority of humans who are alive, yet deeply fundamental to our species. Unleashing new divisions in our society as well as opportunities for cooperation, this 21st-century pandemic has upended our lives in ways that will test, but not vanquish, our already frayed collective culture. Featuring new, provocative arguments and vivid examples ranging across medicine, history, sociology, epidemiology, data science, and genetics, Apollo's Arrow envisions what happens when the great force of a deadly germ meets the enduring reality of our evolved social nature.

A landmark book by marine biologist Wallace J. Nichols on the remarkable effects of water on our health and well-being. Why are we drawn to the ocean each summer? Why does being near water set our minds and bodies at ease? In BLUE MIND, Wallace J. Nichols revolutionizes how we think about these questions, revealing the remarkable truth about the benefits of being in, on, under, or simply near water. Combining cutting-edge neuroscience with compelling personal stories from top athletes, leading scientists, military veterans, and gifted artists, he shows how proximity to water can improve performance, increase calm, diminish anxiety, and increase professional success. BLUE MIND not only illustrates the crucial importance of our connection to water--it provides a paradigm shifting "blueprint" for a better life on this Blue Marble we call home.

Make small changes to your surroundings and create extraordinary happiness in your life with groundbreaking research from designer and TED star Ingrid Fetell Lee. Next Big Idea Club selection--chosen by Malcolm Gladwell, Susan Cain, Dan Pink, and Adam Grant as one of the "two most groundbreaking new nonfiction reads of the season!" "This book has the power to change everything! Writing with depth, wit, and insight, Ingrid Fetell Lee shares all you need to know in order to create external environments that give rise to inner joy." --Susan Cain, author of Quiet and founder of Quiet Revolution Have you ever wondered why we stop to watch the orange glow that arrives before sunset, or why we flock to see cherry blossoms bloom in spring? Is there a reason that people--regardless of gender, age, culture, or ethnicity--are mesmerized by baby animals, and can't help but smile when they see a burst of confetti or a cluster of colorful balloons? We are often made to feel that the physical world has little or no impact on our inner joy. Increasingly, experts urge us to find balance and calm by looking inward--through mindfulness or meditation--and muting the outside world. But what if the natural vibrancy of our surroundings is actually our most renewable and easily accessible source of joy? In Joyful, designer Ingrid Fetell Lee explores how the seemingly mundane spaces and objects we interact with every day have surprising and powerful effects on our mood. Drawing on insights from neuroscience and psychology, she explains why one setting makes us feel anxious or competitive, while another fosters acceptance and delight--and, most importantly, she reveals how we can harness the power of our surroundings to live fuller, healthier, and truly joyful lives.

"HOW THE BODY KNOWS ITS MIND takes you inside the amazing science of how the body affects the mind, and shows how to use that wisdom to live smarter and maximize what your body teaches your mind"--

"A dazzlingly erudite synthesis of history, philosophy, anthropology, genetics, sociology, economics, epidemiology, statistics, and more" (Frank Bruni, The New York Times), Blueprint shows why evolution has placed us on a humane path -- and how we are united by our common humanity. For too long, scientists have focused on the dark side of our biological heritage: our capacity for aggression, cruelty, prejudice, and self-interest. But natural selection has given us a suite of beneficial social features, including our capacity for love, friendship, cooperation, and learning. Beneath all of our inventions -- our tools, farms, machines, cities, nations -- we carry with us innate proclivities to make a good society. In Blueprint, Nicholas A. Christakis introduces the compelling idea that our genes affect not only our bodies and behaviors, but also the ways in which we make societies, ones that are surprisingly similar worldwide. With many vivid examples -- including diverse historical and contemporary cultures, communities formed in the wake of shipwrecks, commune dwellers seeking utopia, online groups thrown together by design or involving artificially intelligent bots, and even the tender and complex social arrangements of elephants and dolphins that so resemble our own -- Christakis shows that, despite a human history replete with violence, we cannot escape our social blueprint for goodness. In a world of increasing political and economic polarization, it's tempting to ignore the positive role of our evolutionary past. But by exploring the ancient roots of goodness in civilization, Blueprint shows that our genes have shaped societies for our welfare and that, in a feedback loop stretching back many thousands of years, societies are still shaping our genes today.

"This is a book with a huge heartbeat and so much love infused in every page. The stoic resilience of the Chiu family is inspiring." -- Alice Pung, award-winning author of Lucy and Linh

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