

## Critical Connections

Build Relationships and Harness the Power of Community in Work and Life

Make more and better friends, deepen your connections, and find your community In *Critical Connections*, renowned sociologist and author Dr. Tracy Brower delivers inspiration and pragmatic new insights on community and connection that you can use in your own life to build belonging, find and make friends, and create a happier life. The author explains how you can avoid bad friendships, reconnect with old friends, deepen existing friendships, and start a new friend group. You'll learn how to navigate a new reality that includes artificial intelligence, technology, and social media. You'll also discover how to improve your happiness, wellbeing, and success – in work and in life – by prioritizing quality relationships with human beings, online and offline. Inside the book: - The latest research on loneliness, disconnection, dissatisfaction, disengagement, and mental health - Discussions of the massive, positive impact of community and connections - Effective strategies to help you find your community, build friendships, and create connection An accessible and hands-on combination of the latest research and practical connection strategies that work in the real world, *Critical Connections* is a must-read for everyone interested in improving their outlook, relationships, wellbeing, and fulfillment.

### Praise for Critical Connections

"Loneliness is reaching crisis levels, but Tracy Brower shows how we can turn the tide. In *Critical Connections*, you'll learn how to build friendships and communities which strengthen our minds, improve well-being, and help us thrive in life's challenges."

**-ARTHUR C. BROOKS, PhD**, Harvard Professor and #1 *New York Times* bestselling author

"*Critical Connections* offers an urgent, research-driven call to reimagine how we form and sustain relationships in workplaces and communities alike, a goal that resonates deeply with my own studies of teams and organizations. Author Tracy Brower beautifully illuminates how authentic connections are foundational to learning, thriving, and resilience-essential ingredients for innovation and growth. This book will be a useful guide for anyone committed to building environments where people feel valued, supported, and empowered to contribute."

**-AMY C. EDMONDSON, PhD**, Novartis Professor of Leadership and Management, Harvard Business School and author of *Right Kind of Wrong* and *The Fearless Organization*

"In a world increasingly defined by loneliness and isolation, *Critical Connections* is a vital call to action. Tracy Brower combines compelling research with practical stories to show that our health and joy depend on the relationships we nurture. As a leader who has seen the power of working in pairs to transform a company culture, I can attest to the truth of Brower's message: we are stronger, healthier, and happier together."

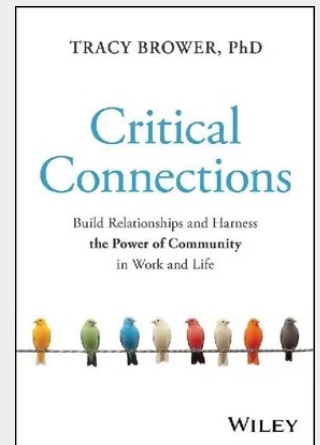
**-RICHARD SHERIDAN**, CEO and Chief Storyteller, Menlo Innovations and author of *Joy, Inc.* and *Chief Joy Officer*

"At a time when loneliness and disconnection are increasingly prevalent in our culture, this book provides an essential roadmap for anyone who wants to strengthen relationships and build authentic community."

**-DORIE CLARK, PhD**, *Wall Street Journal* and *USA Today* bestselling author of *The Long Game*

"Connecting is the single most important thing we do. Read this book and understand why."

**-ROBIN DUNBAR, PhD**, Evolutionary Psychologist at Oxford University and Originator of Dunbar's Number



**27,50 €**

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vorbestellbar, Erscheinungstermin ca. März 2026

**Artikelnummer:** 9781394362264

**Medium:** Buch

**ISBN:** 978-1-394-36226-4

**Verlag:** Wiley

**Erscheinungstermin:** 10.03.2026

**Sprache(n):** Englisch

**Auflage:** 1. Auflage 2026

**Produktform:** Gebunden

**Gewicht:** 431 g

**Seiten:** 240

**Format (B x H):** 160 x 231 mm

