



Forging Healthy Connections: How Relationships Fight Illness, Aging and Depression

Trevor Crow, Maryann Karinch

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From the moment of birth to the second we die, we need relationships. We get sick, mentally and physically, without the emotional and physical security that flows from positive connections to other human beings.

In *Forging Healthy Connections*, marriage and family therapist and talk show host Trevor Crow and writer Maryann Karinch explore strategies for setting up and maintaining secure personal connections in our professional and personal lives. They show how to build a healthy network of connections so we can create an emotional safe haven that directly and positively impacts our health. They examine why so many of us fail or lose relationships as we age, discuss the types of relationships we might be lacking, explore trust issues, explain the reciprocal effect and, most importantly, describe how to establish and practice empathy with friends, family and business associates.

Forging Healthy Connections is a powerful resource for combating the loss of personal bonds in today's impersonal digital age. It provides readers with the tools needed to achieve and maintain healthy personal connections that will ultimately lead to a lifetime of satisfaction, fulfillment and meaningful relationships.

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