

Lost Connections by Johann Hari - Discussion Questions

- Hari claims that depression and anxiety are collective problems rather than individual problems. How do you feel about that statement?
- Did you have any beliefs about mental illness that shifted after reading this book? If so, what were they?
- In his book, Johann, in talking about our American westernized culture states that “loneliness is a product of the way we live.” Would you agree with this statement - why or why not?
- Johann lists nine major areas of disconnection and causes of depression/anxiety. Which one(s) spoke to you the most and/or which one(s) do you feel the most strongly about?

Disconnection from:

1. Meaningful Work
2. Other People
3. Meaningful Values
4. Childhood Trauma
5. Status and Respect
6. Natural World
7. Hopeful and Secure Future (faith)
8. Genes/DNA
9. Brain changes

Questions adapted from Connect:

<https://connectsummitcounty.org/lost-connections-the-book-that-is-changing-how-we-think-about-depression-and-anxiety/>