

CONTENTS

ACKNOWLEDGMENTS	x
INTRODUCTION TO THE PAPERBACK EDITION	xii
PREFACE	xv

INTRODUCTION

Life and the Heart	3
<i>A Gambler's Shortcut to Paradise</i>	4
<i>Human Companionship as the Twentieth Century Ebbs</i>	8
<i>Love and the Heart</i>	11

CHAPTER 1

Life and Death in Main Street America	15
<i>The Framingham Studies</i>	18
<i>A Closer Look</i>	21
<i>Health and Social Stability</i>	26

CHAPTER 2

The Lonely Heart, the Broken Heart, and Sudden Death	30
<i>The Heart's Warranty</i>	31
<i>A Time to Live and a Time to Die</i>	36
<i>Living Together and Dying Alone</i>	38
<i>Living Together and the Heart</i>	50
<i>The Broken Heart and Sudden Death</i>	55

CHAPTER 3

Children: Innocent Victims of Isolation	69
<i>The Source of Disease: A New Perspective</i>	70
<i>The Psychological Impact of Early Loss</i>	75
<i>The Physical Impact of Early Loss</i>	79

CHAPTER 4

Beyond Statistics: Lessons from the Clinic	87
<i>Beyond Statistics</i>	90
<i>Human Companionship in Context</i>	94
<i>Transient Human Contact in Individuals Without Cardiac Disease</i>	96
<i>Human Companionship in Times of Stress</i>	100
<i>Transient Human Contact and the Heart Patient</i>	103
<i>The Straw that Breaks the Camel's Back</i>	108
<i>Human Contact and the Recovery Process</i>	113
<i>Summary</i>	120

CHAPTER 5

Human Contact in Life-Threatening Environments	122
<i>Human Contact in Coronary Care Units</i>	124
<i>A Case Study</i>	135
<i>Human Contact in a Hospital Shock-Trauma Unit</i>	141
<i>The Will to Live and the Will to Die</i>	151
<i>A Postscript</i>	154

CHAPTER 6

Bridging the Gap: Lessons from the Laboratory	156
<i>Emotions and Human Relationships—A Laboratory Perspective</i>	158
<i>The Scientific Neglect of Human Companionship and Love</i>	163
<i>The "Effect of Person" on the Heart</i>	167

CHAPTER 7

Toward a Medicine Beyond Science	181
<i>The Scientific-Love-Avoiders</i>	184
<i>The Scientific-Love-Seekers</i>	188

CHAPTER 8

Denying the Problem: Loneliness Traps	199
<i>The New Loneliness—A Social Vacuum</i>	202
<i>Loneliness Traps</i>	206

CHAPTER 9

Life and the Dialogue 214

Interruptions in the Dialogue 221

Deterioration of Dialogue 223

APPENDIX A

The Heart: Its Function and Malfunction 233

APPENDIX B

Statistics on Living Together and Health 239

NOTES 250

INDEX 261