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**Good Morning Canada**  
**Wednesday at 9 AM Pacific**  
**January 19th 2022: Stoking the Fires of Urban Complex - Solitude and Loneliness**

Stoking the Fires of Urban Complex - Solitude's Journey and The Undead of Loneliness Modern lifestyles in the 21st century are unlike any other period in human history. Populations are living longer, urban centres are becoming denser and the ongoing expansion of the Internet has transformed how individuals communicate and interact with one another. Although modern societies are increasingly connected via digital platforms, a growing tide of loneliness appears to be on the rise through various forms of social isolation. According to a recent report entitled Loneliness in America (February 2

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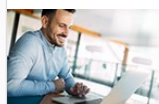
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