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## Dr. Gary Bell's **ABSURD PSYCHOLOGY** Taking Insanity to the Woodshed



**Dr. Gary Bell**  
*Marriage Family Therapist*

**Dr. Gary Bell's Absurd Psychology**  
Tuesday at 11 AM Pacific  
**November 30th 2021: The Cost of Loneliness**

Loneliness is often defined as the distressing feeling generated by a lack of meaningful, intimate, and reciprocal interactions. One might describe it as emotional isolation. Exacerbated by its gross under-recognition, loneliness is rapidly emerging as the great public health crisis of our time, especially after COVID. Academic research and an onslaught of headline news reveal that loneliness is to suicide, addiction, bullying, obesity, gastro-intestinal disease, metabolic syndrome, type II diabetes, cardiovascular disease, hematological conditions, and more, as poor hygiene is to infection. W

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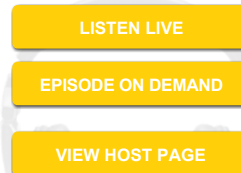


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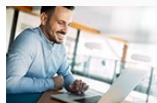


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