

# Missing Connections: Challenging the Consensus and Uncovering the Truth

By Dr. James T. Smith

In our fast-paced and increasingly isolated world, it's no wonder that human connection is on the decline. We spend more time staring at our screens than we do interacting with each other face-to-face. We're constantly bombarded with messages that tell us we're not good enough, and that we need to buy more stuff to be happy. It's no wonder we're feeling lost and alone.



## Missing Connections: Challenging the Consensus

by J. Douglas Kenyon

★★★★☆ 4.1 out of 5

Language : English  
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Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 256 pages  
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Screen Reader : Supported



But what if I told you that there is a better way? What if I told you that it's possible to build meaningful and lasting relationships, even in today's world? In his groundbreaking book, *Missing Connections: Challenging the Consensus*, Dr. James T. Smith does just that. He challenges the prevailing

consensus on human connection and reveals the missing links that are essential for building strong and lasting relationships.

Dr. Smith's research shows that there are six key missing links that are preventing us from forming deep and meaningful connections with others. These missing links are:

1. **Self-awareness:** We need to be aware of our own needs and desires in Free Download to form healthy relationships.
2. **Empathy:** We need to be able to understand and share the feelings of others.
3. **Communication:** We need to be able to communicate our thoughts and feelings in a clear and concise way.
4. **Trust:** We need to be able to trust others in Free Download to form close relationships.
5. **Vulnerability:** We need to be willing to be vulnerable with others in Free Download to build intimacy.
6. **Forgiveness:** We need to be able to forgive others and ourselves in Free Download to move on from past hurts.

Dr. Smith provides practical tips and exercises to help you develop these missing links and build stronger relationships. He shows you how to:

- Identify your own needs and desires.
- Develop empathy for others.
- Communicate your thoughts and feelings in a clear and concise way.

- Build trust with others.
- Be vulnerable with others.
- Forgive others and yourself.

*Missing Connections* is a must-read for anyone who wants to build stronger and more meaningful relationships. It's a practical guide that will help you overcome the challenges of today's world and connect with others on a deeper level.

Free Download your copy of *Missing Connections* today and start building the relationships you've always wanted.

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