

CONTENTS

Preface xiii

Introduction: Peak connection 1

PART ONE The way to Wellville 25

1 Hostile landscapes 27

Not waving but drowning 27

Six degrees of overload 29

Guilty luck 35

Ducking and diving 36

Lost girls 40

Quarantine 42

2 Fitness as a metaphor 47

Person of the year 47

Our bodies, ourselves 49

Aristotle's gym 51

Flourishing habits 56

Balancing patterns 60

Hexagon thinking 65

Top knots and coping mechanisms 71

3 New hierarchies of need 77

The boy on the Paris Metro 77

Menlo Park millennials 79

Face-to-face in a Facebook world 82

Future shock 89

Timescalebending 93

Techno Shabbat 97

PART TWO The blended self 101

4 The social soul 103

- Naomi and Gladys* 103
- The family clan 107
- Walk and talk 109
- Coffee cup conversation 112
- Tinderbox sex 115
- Clearing the beach 120

5 Worker beings 125

- The bad job interview* 125
- Paperweight 128
- The lonely skyscraper 132
- Hydroponic hives 136
- Disruption on purpose 139
- Marzipan Managers 144
- Highly peripheral people 151

6 Networks and networkers 155

- The ghetto and the garden* 155
- Billions of shy people 157
- The rules of Guanxi 162
- Brokers and builders 166
- The Global Green Room 173
- Jazz ensembles and orchestras 178

Conclusion: The fully connected future 183

- Appendix: Hexagon Thinking – six practical practices around social health* 191
- Postscript: A view from the bridge* 205
- Bibliography* 207
- Acknowledgements* 221
- Index* 225