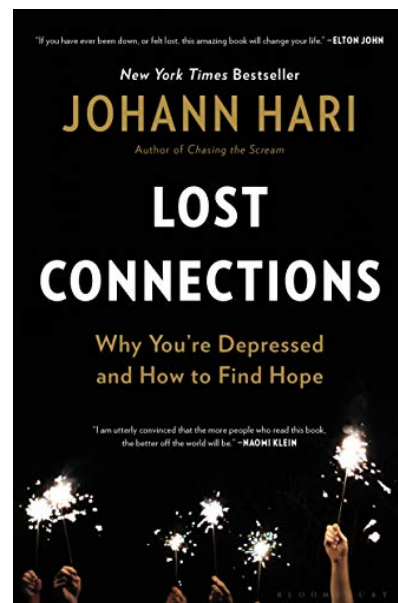


# Lost Connections Book Summary (PDF) by Johann Hari

Ready to learn the most important takeaways from Lost Connections in less than two minutes? Keep reading!



## Why This Book Matters:

Lost Connections uses history and science to discuss why so many people experience depression.

## The Big Takeaways:

1. **Depression is not necessarily the outcome of a serotonin imbalance.**
  1. If Scientists once misunderstood historical documentation relating to depression, leading to some of the beliefs people hold today.
2. **There are almost a dozen common reasons for the cause of depression, including difficult situations in life.**
  1. Brown discovered that 68% of participants in a study all experienced depression from tough life situations and concluded that depression is not biological.
3. **A feeling of disconnect is a significant cause of**

**depression.**

1. Finding equally beneficial relationships with others can help bridge the gap experienced when feeling disconnected.
4. **Disconnect from bad childhood experiences is another major cause of depression.**
  1. Rephrase how you ask questions so people can recognize trauma and find ways to move past it.
5. **There is not as much influence from biology and chemicals in the brain as people think.**
  1. Only 37% of depression cases show a link to biology.

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