

Klein, Ezra (4/16/18) [Podcast] *IS Modern Society Making Us Depressed?* Klein interviews Johann Hari, author of the book *Lost Connections*  
<https://www.stitcher.com/podcast/vox/the-ezra-klein-show/e/54111398>

In his new book, *Lost Connections*, Hari advances an argument both radical and obvious: Depression and anxiety are more than just chemical imbalances in the brain. They are the result of our social environments, our relationships, our political contexts — our lives.<sup>[1]</sup> Hari, who has struggled with depression since his youth, went on a journey to try to understand the social causes of mental illness, the ones we prefer not to talk about, because changing them is harder than handing out a pill. What he returned with is a book that claims to be about depression, but it is actually about the ways we've "screwed up" modern society and created a world that leaves far too many of us alienated, anxious, despairing, and lost.

The philosopher, Jiddu Krishnamurti famously said, "It is no measure of health to be well-adjusted to a sick society." So that, then, is the question Hari and Klein consider in this conversation: How sick, really, is our society? This podcast offers group members a way to connect with others by examining ourselves and our society.

Rudy Lucas, LCSW, CASAC