



# The Bond: Connecting Through the Space Between Us

Written by Lynne McTaggart

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# The Bond: Connecting Through the Space Between Us

By Lynne McTaggart

## The Bond Connecting Amino Acids Is A Bond

For centuries, Western science and many Western cultures have taught us to think of ourselves as individuals. But today, a revolutionary new understanding is emerging from the laboratories of the most cutting-edge physicists, biologists, and psychologists:

## The Bond Connecting Two Amino Acids Is

What matters is not the isolated entity, but the space between things, the relationship of things. The Bond.

## The Bond Connecting The Two Monosaccharides In Maltose Is

By international bestselling author Lynne McTaggart, *The Bond* is the culmination of her groundbreaking work. It offers a completely new, scientific story of life and the human experience, one that challenges the very way we conceive of ourselves and our world. *The Bond* shows that the essential impulse of all life is a will to connect rather than a drive to compete.

## The Bond Connecting

In fact, we are inescapably connected, hardwired to each other at our most elemental level—from cells to whole societies. The desire to help others is so necessary that we experience it as one of our chief pleasures, as essential as eating and having sex, and we succeed and prosper only when we see ourselves as part of a greater whole. Every conflict that occurs—whether between husband and wife, social or racial groups, or nations—is resolved only when we can fully see and embrace the space—the bond—between us.

# 1

McTaggart offers detailed recommendations to help foster more holistic thinking, more cooperative relationships, and more unified social groups. Blending interviews and human stories into an absorbing narrative, she shows how: