

The Fellowship Gap & Finding Your Circle

Annotated Bibliography & Curriculum Source Guide

This guide gives full citations, annotations, slide-by-slide curriculum use, and session connections for every source behind Session 10. Edition r1 replaced the two earlier reference files, **The Fellowship Gap** and **Find Your Circle**. Edition r2 also absorbs the **Session 10 Readings Triage** of September 11: the readings map that follows reflects every decision made since. **Facilitator use only**. Participant reading lives in *Go Deeper by Session* and the Going Deeper Readings folder.

Slide numbers refer to *Session_10_Fellowship_Gap_and_Finding_Your_Circle_r3.pptx* (33 slides). **Gold CHECK rows** mark a claim or quotation to verify before it is quoted aloud. They are collected again in the last section.

SESSION 10 READINGS AT A GLANCE

What the men receive, what is optional, and what stays with the facilitator. Replaces the September Readings Triage.

Tier	What	Where it lives
Required (in the binder)	The Listening Kit r1.2 • Marriage Listening Card r2 • Three Good Things: Break Practice Guide	S10 › Handouts
Recommended (new tier; Participant Guide update on hold)	<i>Making Another Person Feel Seen</i> (Pugh one-pager) • <i>Building Friendships in Retirement</i> r2	S10 › Recommended Readings
Going Deeper: books	<i>How to Know a Person</i> • <i>Connect</i> • <i>Friends</i> • <i>The Good Life</i> (the S10 block of <i>Go Deeper by Session</i>)	Toolkit and Guide Cards › <i>Go Deeper by Session</i> r1
Going Deeper: WhyzMen long-reads	<i>Listening Well</i> r2 • <i>Building New Relationships After Retirement</i> r3 • <i>Who Are Your Five?</i>	S10 › Going Deeper Readings; Recommended Readings
Reference tab (back of the notebook)	Your Guide Cards • The Communication & Relationships Toolkit r1 • <i>Go Deeper by Session</i> r1 • Complete Bibliography r1 • <i>10 Ways to Have a Better Conversation</i> r1	Presentations › Toolkit and Guide Cards
Guide cards handed out at S10	E1 The Great Listener • E2 Listening vs Fixing • H1 The Marriage-Safe Conversation • T1 The Year Ahead • T2 Running a Triad Meeting (P, the Practice of the Week card, arrives at S2)	Toolkit and Guide Cards › Guide Card Index r1

Tier	What	Where it lives
Facilitator shelf	This guide · <i>Questions</i> (the Art of Asking; source for the S11 Clearness Room rules) · <i>Raising the Conversation Upward</i> (Script-Breaker training; scrub before use)	S10 › Going Deeper References; Material for Other Sessions
Moved to other sessions	Listening vs Fixing comic role-play and Evoke-No sheet (S4) · Ken Stern's ReadFurther and Action Planner (S13 / S15)	S10 › Material for Other Sessions (see its index)
Archived	The two pre-merge reference files · the Readings Triage · Gift of Being Heard and Listening Well r1 (merged into r2) · the transcript-style drafts	S10 › Archive

Slide 30 and the notebook differ. Slide 30's Going Deeper list has Dunbar, Vellos, Brooks, Waldinger & Schulz, Pugh, Headlee and the summaries, but **not** *Connect*, which the Participant Guide r4 and Go Deeper by Session both carry. Add *Connect* to slide 30, and decide whether the slide trims to the four books in Go Deeper by Session.

SLIDE-TO-SOURCE MAP

Where each source appears in the r3 deck. Notes = the facilitator notes under the slide.

Slide	Content	Sources
3	Opening: a cord of three strands	Ecclesiastes 4:9–10, 12 (NIV)
5	The invisible erosion	Baker (annual pass) · Hall (50 / 90 / 200 hours)
6	The arithmetic of friendship	Hall (2019)
7	The case for action: health	Murthy, 2023 Advisory · Holt-Lunstad et al. (2010) · Waldinger, Harvard Study · Arthur Brooks
8	Dunbar: the layers of a life	Dunbar (2010; 2021)
9	Dunbar: four findings	Dunbar, <i>Friends</i> (2021): decay, shoulder-to-shoulder, seven pillars, capacity
10	The cold math: maintenance schedule	Dunbar (2021) · Cox, Survey Center on American Life (2021) · Hall (2019) · Pentland (2014)
12	Five practices, five authors	Pinker · Baker · Franco · Nelson · Vellos
13	The vulnerability ladder	Nelson, <i>Frientimacy</i>
14	Build a container	Vellos, <i>We Should Get Together</i>
15	The Recipe	The five practices as a calendar; Dunbar's contact frequencies
16	The couple dimension	Cain, <i>Quiet</i> (background; not named on slide)
17	Movement Three: Your Circle	Original WhyzMen framing

Slide	Content	Sources
18	Callback: the Knapsack	Klotz, <i>Subtract</i> (subtraction neglect)
19	Selection: four questions	Dunbar's seven pillars (tie-breaker) · Cacioppo (notes: "I can't think of anyone")
22	Forming the triads	Ecclesiastes 4:12 · Pentland (notes: group size) · Franco (notes: the asked man is grateful)
23	The triad charter: six decisions	Vellos (container) · Dunbar & Baker (activity) · Nelson (progression) · Frankl (purpose) · D. Brooks (commitment, background)
24	Our progression: the question arc	Nelson's ladder, extended (notes)
25	Our purpose: the anchor rope	Dunbar (group-bonding behaviours) · Frankl (verbatim quote) · NCC Goes
28	The Listening Kit	Voss · D. Brooks, <i>How to Know a Person</i> · Headlee · Palmer · the Presence Practice
30	Reading for the break	Going Deeper: Dunbar · Vellos · D. Brooks · Waldinger & Schulz · Pugh · Headlee
31	Practice of the Week	Ecclesiastes 4:9

PRIMARY SOURCES

The science of the circle and the five practices: the backbone of Movements One to Three.

1. Dunbar, Robin I. M. **How Many Friends Does One Person Need? Dunbar's Number and Other Evolutionary Quirks.**

Cambridge, MA: Harvard University Press, 2010.

Dunbar, an Oxford evolutionary psychologist, spent decades on the relationship between primate brain size and social group size. His best-known finding is that a human can maintain about 150 stable relationships (Dunbar's number). Less widely known, and more important for WhyzMen, is that within that 150 people sort into nested layers, each roughly three times the one inside it: about 5, 15, 50 and 150, with 500 (acquaintances) and 1,500 (faces you can name) outside, and an innermost 1.5, the intimate, which for most married men is his wife.

The innermost 5 is the "support clique": the people you would call in a serious crisis. This is the scientific rationale for the WhyzMen triad target of 3–5. The number 150 recurs in Neolithic villages, the Roman century, Hutterite colonies that split at 150, and the size at which a pastor stops knowing his whole congregation. The men will recognise the church example. Dunbar's time-budget studies add that a large share of our social effort goes to the inner layers: about 40% on the 5, and another 20% on the rest of the 15.

CURRICULUM USE

Slide 8 (the layers visual is drawn directly from this model); slide 9 (finding 4: the five is a capacity, not a wish list). Facilitator Learning Objective 2: he can answer "Who are your five?" honestly, including how many are empty.

KEY LINE	"The question is not 'Do you have friends?' The question is 'Who are your five?'" A WhyzMen framing drawn from Dunbar's support-clique research, not a Dunbar quotation. Slide 9.
READING PRIORITY	HIGH for facilitators, especially the chapters on Dunbar's number and the layers of friendship.
WHYZMEN PIECES	<i>Who Are Your Five?</i> (Dunbar explainer) • Toolkit \$6 Take Stock
CHECK	The earlier file named Chapter 2 ("How Many Friends?") and Chapter 3 ("The Layers of Friendship"). Confirm those chapter titles against your copy before citing them.

2. Dunbar, Robin I. M. *Friends: Understanding the Power of Our Most Important Relationships*.

London: Little, Brown, 2021.

Dunbar's more recent and more readable treatment of the same research, updated with neuroscience and pandemic-era friendship studies. It is the source for five of the deck's working findings:

Decay. His longitudinal work on students leaving home found that a friendship not fed with time drops a layer within months, while a sibling relationship survives the same neglect. **Shoulder to shoulder.** Men's friendships tend to be club- and activity-based, and women's dyadic and conversational. This is why the triad charter requires a named activity. **The Seven Pillars of Friendship:** shared language, place of origin, education, interests, worldview, sense of humour, and moral values. The more pillars two people share, the more durable the bond and the faster it forms. **Contact frequencies.** Roughly weekly contact keeps someone in the 5, monthly holds the 15, twice a year the 50, and yearly the 150. Below that rate he drops a layer. **Group bonding.** Eating, laughing, singing or praying together, telling shared stories and keeping rituals all trigger endorphin release, which is what turns three friendships into a group.

CURRICULUM USE	Slide 9 (decay, shoulder-to-shoulder, pillars); slide 10 (the maintenance schedule: "a monthly triad meeting, by itself, is a fifteen"); slide 15 (the Recipe rests on the contact frequencies); slide 19 (pillars as tie-breaker, not filter); slide 23 notes (activity); slide 25 ("Break bread at every meeting"); slide 30 (Going Deeper).
KEY QUOTE	"Friendship is the single most important factor influencing our health, well-being, and happiness."
READING PRIORITY	HIGH. The most readable of Dunbar's books and the strongest pre-reading recommendation. It is also on the participants' Going Deeper list.
WHYZMEN PIECES	Go Deeper by Session (S10) • <i>Who Are Your Five?</i> • Toolkit \$6 Take Stock • Complete Bibliography (Relationships)
CHECK	Confirm the key quote's exact wording and page against the book before it is quoted aloud.

3. Hall, Jeffrey A. “How Many Hours Does It Take to Make a Friend?”

Journal of Social and Personal Relationships 36, no. 4 (2019): 1278–1296.

Hall, a communication researcher at the University of Kansas, studied adults who had recently moved (355 in the main study) and first-year university students. Moving from acquaintance to casual friend took about **50 hours** together. Casual friend to friend took about **90 hours**, and friend to close friend more than **200 hours**. Hours spent together in work or class settings counted for less than hours chosen freely. That is the retired man's quiet advantage, because his hours are finally his own.

Correction carried forward: the earlier WhyzMen files said “60 hours to form a close friendship.” That was a compression. The r3 deck uses Hall's three numbers, which survive a fact-check. Use only these.

CURRICULUM USE	Slide 5 (the hours nobody has); slide 6 (the arithmetic: one dinner a month is two hours, so a close friend takes eight years; a monthly triad plus one activity closes the gap in under two); slide 10; slide 23 notes (rhythm).
READING PRIORITY	MEDIUM. A short journal article. The abstract and results tables are enough for the facilitator who wants to handle push-back on the numbers.
WHYZMEN PIECES	Toolkit \$5 (the conditions table) • <i>Building Friendships in Retirement</i> r2 • BNR r3, Part 3

4. Baker, Billy. *We Need to Hang Out: A Memoir of Making Friends*.

New York: Avid Reader Press / Simon & Schuster, 2021.

Baker, a Boston Globe journalist, spent a year deliberately trying to repair his male friendships after writing about the loneliness epidemic. The result is part memoir and part cultural investigation, and the most accessible book on male friendship in midlife. His “annual pass” image (good for the season, then it expires) names context collapse. His shoulder-to-shoulder insight grounds Practice 2.

CURRICULUM USE	Slide 5 (context collapse, the annual-pass problem); slide 12, Practice 2: Do something together; slide 23 notes (the charter's named activity).
KEY QUOTE	“Men don't have trouble making friends when they're young and have forced proximity. They struggle when they have to do it intentionally.”
ANCHOR PHRASE	“Recurring beats meaningful.” A WhyzMen synthesis of Baker, used on slide 12.
READING PRIORITY	HIGH. Recommended pre-reading for facilitators, and the most accessible of the five practice books.
WHYZMEN PIECES	Toolkit \$5 Build and Host • BNR r3 reading list
CHECK	The earlier file gave the publisher as Little, Brown. Confirm the imprint on your copy. Treat the key quote as a paraphrase unless you can find it on the page.

5. Franco, Marisa G. **Platonic: How the Science of Attachment Can Help You Make—and Keep—Friends.**

New York: G. P. Putnam's Sons, 2022.

Franco, a psychologist, applies attachment theory to adult friendship. Her central, research-backed finding is counterintuitive: the biggest barrier to adult friendship is waiting to be invited, not a lack of opportunity. People underestimate how much others like them, and the invited person is almost always grateful. Her work on proactive self-disclosure also pairs well with the couple dimension and Session 4 material.

CURRICULUM USE	Slide 12, Practice 3: Initiate, don't wait; slide 22 notes (the man who named someone who did not name him has to go and ask); slide 27 (send one text, now).
KEY QUOTE	"We wait to be chosen. But friendship requires us to choose first."
ANCHOR PHRASE	"Assume the friendship." A WhyzMen anchor phrase drawn from Franco's research. Slide 12.
READING PRIORITY	HIGH. The most research-dense of the five practice books; good for facilitators who want the science behind Practice 3.
WHYZMEN PIECES	Toolkit §5 (objections and reframes) · BNR r3, Part 5
CHECK	Treat the key quote as a paraphrase unless you can find it on the page.

6. Nelson, Shasta. **Frientimacy: How to Deepen Friendships for Lifelong Health and Happiness.**

Berkeley: Seal Press, 2016.

Nelson builds her framework on the Frientimacy Triangle of **Positivity, Consistency and Vulnerability**. Her "vulnerability gap," the chasm between surface pleasantness and real self-disclosure, is the most curriculum-ready framework in this source set. The deck draws the triangle as a ladder because the men climb it. Most male friendships stall on the middle rung: pleasant, reliable, and never deeper.

The same framework runs through the whole of Session 10. It is taught as Practice 4, and then operationalised in the triad's twelve-month question arc. The arc climbs from Positivity (months 1–2) through Consistency (months 3–4) to Vulnerability, then Deep and Core for the second half of the year. Month 1 is easy on purpose.

Facilitators should know Nelson's original framework before presenting the arc.

CURRICULUM USE	Slide 12, Practice 4: Climb the ladder; slide 13 (the triangle drawn as a ladder, and why the triad has a question arc); slide 23, charter cell 4 (Our Progression); slide 24 (the arc, Month 1).
KEY QUOTE	"The opposite of loneliness is not company. It is intimacy."
ANCHOR PHRASES	"Chronic shallowness by mutual agreement" (slide 13, attributed to Nelson in the notes). "Vulnerability is not weakness. It is the invitation friendship requires to move forward" (slide 13; a WhyzMen synthesis of Nelson).

READING PRIORITY	HIGH. The earlier files disagreed (HIGH and MEDIUM). HIGH is used here because the combined session leans on Nelson for three slides and the charter's progression cell. The triangle chapters are the essential reading.
WHYZMEN PIECES	Toolkit §3 Speak Truly · Listening Kit, Card Three (the question arc) · BNR r3, Part 2
CHECK	Confirm both the key quote and “chronic shallowness by mutual agreement” are Nelson's own words before attributing them aloud.

7. Vellos, Kat. We Should Get Together: The Secret to Cultivating Better Friendships.

Self-published (Amazon KDP), 2020.

Vellos, a UX designer and community builder, brings a systems-thinking lens to friendship. Her “container” metaphor is that friendship doesn't fail because people stop caring. It fails because modern life has no architecture for it. This is the most practically actionable framework in the session.

Her analysis of the transition moment, when a context ends and a friendship needs a new container or quietly dies, is the direct rationale for the triad charter. The charter answers the question Vellos poses, which the deck asks outright: *What happens when WhyzMen ends on March 8?* The charter is the container.

CURRICULUM USE	Slide 12, Practice 5: Build a container; slide 14 (the bridge from the practices to the triad); slide 23 (the six decisions that make a container); slide 30 (Going Deeper).
KEY QUOTE	“Friendship needs infrastructure. Without a container, even genuine affection slowly evaporates.”
ANCHOR PHRASE	“The container is the commitment. The friendship grows inside it.” A WhyzMen synthesis of Vellos. Slide 14.
READING PRIORITY	MEDIUM. Short and practical; worth reading in full. Also on the participants' Going Deeper list.
WHYZMEN PIECES	Toolkit §5 Build and Host · BNR r3, Part 4
CHECK	Treat the key quote as a paraphrase unless you can find it on the page.

8. Pinker, Susan. The Village Effect: How Face-to-Face Contact Can Make Us Healthier and Happier.

New York: Spiegel & Grau, 2014.

Pinker, a developmental psychologist, draws on neuroscience and epidemiology to make the case for face-to-face contact as a health intervention. Her “village anchors” concept, the places and people we meet regularly that sustain our social health, grounds Practice 1. Her research on weak ties, such as the barista and the neighbour, and their association with lower mortality is an underused insight for men who think friendship only counts if it is deep.

CURRICULUM USE	Slide 12, Practice 1: Anchor yourself (“the five-minute conversation after the men's breakfast is not small talk; it is brick-laying”). Also informs the 55+ Activity Upgrade Plan's village-anchor idea.
ANCHOR PHRASE	“Proximity is the engine of friendship, not intention.” A WhyzMen synthesis of Pinker. The earlier files had two versions; the deck uses this one (slide 12).
READING PRIORITY	MEDIUM. The most science-dense of the five; compelling for facilitators with a health or science background.

SUPPORTING SOURCES

Sources behind specific statistics, segments and charter components.

9. Holt-Lunstad, Julianne, Timothy B. Smith, and J. Bradley Layton. “Social Relationships and Mortality Risk: A Meta-analytic Review.”

PLoS Medicine 7, no. 7 (2010): e1000316.

The highest-quality evidence there is on social connection and survival: 148 studies and 308,849 participants. People with stronger social relationships had about **50% greater odds of survival** over the study periods. For complex measures of social integration, the depth and breadth of relationships rather than their mere presence, the figure rose to **91%**. Holt-Lunstad's comparison of the risk of weak social ties with smoking is the origin of the “15 cigarettes a day” line later carried into the Surgeon General's Advisory.

CURRICULUM USE	Slide 7 (+50% odds of survival; and the source behind the 15-cigarettes comparison).
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10. Murthy, Vivek H. **Our Epidemic of Loneliness and Isolation: The U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community.**

Washington, DC: Office of the U.S. Surgeon General, 2023. Also: Together: The Healing Power of Human Connection in a Sometimes Lonely World. New York: Harper Wave, 2020.

The 2023 Advisory is the national public-health framing for the session's health case. It carries the comparison of chronic loneliness's mortality risk to smoking 15 cigarettes a day. Murthy's earlier book *Together*, cited in the original Fellowship Gap file, gives the same case in a warmer, personal voice, including his own story of loneliness. The Advisory is directly quotable in program promotional materials.

CURRICULUM USE	Slide 7 (15 cigarettes a day). The r3 deck cites the 2023 Advisory; the 2020 book is now background.
READING PRIORITY	LOW to MEDIUM. The Advisory's executive summary is enough.

11. Waldinger, Robert, and Marc Schulz. **The Good Life: Lessons from the World's Longest Scientific Study of Happiness.**

New York: Simon & Schuster, 2023.

Waldinger directs the Harvard Study of Adult Development, which has followed its original participants since 1938. Its headline finding is that the quality of a man's relationships at fifty predicted his health at eighty better than his cholesterol did. Most of the men in the room are between those two ages, and the deck notes tell the facilitator to say so.

CURRICULUM USE	Slide 7 (85 years of one study); slide 30 (Going Deeper).
READING PRIORITY	MEDIUM. Accessible and hopeful; good pairing with Arthur Brooks.
WHYZMEN PIECES	Toolkit \$6 (seven kinds of support, adapted) · Go Deeper by Session (\$10) · <i>Building Friendships</i> r2

12. Cox, Daniel A. **“The State of American Friendship: Change, Challenges, and Loss.”**

American Perspectives Survey. Washington, DC: Survey Center on American Life, American Enterprise Institute, June 2021.

A national survey that gives the session's sharpest statistics on men. **15%** of American men report having no close friends, up from 3% in 1990. Men with ten or more close friends fell from 40% to 15%. About **one in five** men had received emotional support from a friend in the past week, against roughly two in five women.

CURRICULUM USE	Slide 10, right column (15%; 1 in 5).
WHYZMEN PIECES	BNR r3 (the data box) · <i>Building Friendships in Retirement</i> r2

13. Pentland, Alex. **Social Physics: How Good Ideas Spread—The Lessons from a New Science.**

New York: Penguin Press, 2014.

Pentland, an MIT data scientist, used wearable sensors to study how groups actually interact: who talks, who listens, and how evenly. The deck uses his work as the behavioural rationale for keeping triads small. Past about five, men start performing instead of talking, while smaller groups tend toward honest, evenly shared exchange.

CURRICULUM USE	Slide 10 (“5: the group size past which men start performing instead of talking”); slide 22 notes (“Four is allowed, five is not”).
READING PRIORITY	MEDIUM. Chapter 4 (“Idea Flow”) carries the small-group dynamics research.
CHECK	Pentland's research is about turn-taking and idea flow. The specific “past five” ceiling is an interpretation of it, and Dunbar's work on conversation-group size (about four people) may support it more directly. Consider citing both, or softening the slide to “research on group conversation.”

14. Brooks, Arthur C. From Strength to Strength: Finding Success, Happiness, and Deep Purpose in the Second Half of Life.

New York: Portfolio/Penguin, 2022.

Brooks argues that the second half of life calls for a shift from fluid to crystallised intelligence, and from achievement to relationships. His claim that the people who thrive late in life are those who invested most deeply in relationships, not those who doubled down on career, closes the health case and is a foundational theme of the whole program. The men already know him from Session 8.

CURRICULUM USE	Slide 7, closing quote. A bridge between the research and the WhyzMen purpose framework.
KEY QUOTE	"The men who thrive in the second half of life are not the ones who achieved the most. They're the ones who invested most deeply in relationships."
WHYZMEN PIECES	BNR r3, Part 4 (deal friends and real friends)
CHECK	This line appears on slide 7 in quotation marks. It reads as a summary of Brooks's argument, not his wording. Confirm it on the page, or mark it as a paraphrase on the slide.

15. Klotz, Leidy. Subtract: The Untapped Science of Less.

New York: Flatiron Books, 2021. See also Adams, Converse, Hales and Klotz, "People Systematically Overlook Subtractive Changes," *Nature* 592 (2021): 258–261.

Klotz's research shows that when people try to improve something they default to adding, and overlook subtracting ("subtraction neglect"). Applied to friendship: men default to adding another group, list or reunion instead of going deep with a few. Choosing five and leaving others out of the pack is not rejection. It is capacity. Klotz is a load-bearing author across the WhyzMen Knapsack thread.

CURRICULUM USE	Slide 18, Callback: the Knapsack ("You can't carry every friendship"). Opens Movement Three before the selection questions.
WHYZMEN PIECES	Go Deeper by Session (S13)

16. Frankl, Viktor E. Man's Search for Meaning.

Original German edition, 1946. First English translation Boston: Beacon Press, 1959; numerous editions since.

Frankl's foundational insight is that meaning is found not in comfort but in contribution toward something beyond oneself. It is the philosophical rationale for the charter's Shared Purpose cell. A triad that exists only for its members' comfort is less durable than one with an outward-facing purpose: "the anchor rope that keeps it from drifting when the relational tide goes out." Frankl's logotherapy also informs the later legacy questions in the triad arc (in the earlier design, Month 11: "What do you want to be remembered for?").

The two earlier files listed different dates (1946 and 1959). Both are correct: 1946 is the German original, and 1959 the first English edition.

CURRICULUM USE	Slide 23, cell 5 (Our Purpose); slide 25 (the anchor rope; NCC Goes as a triad's outward purpose).
KEY QUOTE	"Being human always points, and is directed, to something or someone other than oneself." Verbatim, from Frankl's "Logotherapy in a Nutshell." Slide 25.
FACILITATOR LINE	"Meaning is not found in comfort. It is found in contribution toward something beyond yourself." A WhyzMen paraphrase of Frankl (slide 25 notes). Say it as ours, not as a quotation.
WHYZMEN PIECES	Complete Bibliography (added in r1)

17. Brooks, David. **The Second Mountain: The Quest for a Moral Life.**

New York: Random House, 2019.

Brooks's covenant relationships, commitments that are unconditional rather than conditional on mutual benefit, are the philosophical backbone of the charter's commitment cell. The charter is not a contract (conditional, transactional) but a covenant (unconditional, relational). His chapters on friendship as a moral commitment are the relevant reading. The Second Mountain is also one of the two foundational frameworks of the whole program.

CURRICULUM USE	Background for slide 23, cell 6 (Our Commitment: how long; what we do when one man goes quiet; who calls him). Not named on the r3 slides.
FORWARD	The covenant framing is fulfilled in Session 15, where each man's two triad brothers sign his Harvest Charter as witnesses and lay hands on him at the commissioning. (The earlier file pointed to a Session 13 covenant ceremony; that has moved to Session 15.)
WHYZMEN PIECES	Go Deeper by Session (S2) • Complete Bibliography (added, ★★★)

18. Cacioppo, John T., and William Patrick. **Loneliness: Human Nature and the Need for Social Connection.**

New York: W. W. Norton, 2008.

Cacioppo's foundational research treats loneliness as a physiological signal, like hunger or thirst. That makes triad formation a response to a real biological need, not optional self-improvement. His finding that loneliness is self-perpetuating (lonely people grow hypervigilant to social threat, which makes them harder to connect with) is directly relevant to the man who says he can't think of anyone. His work is also the basis for the public-health comparison of loneliness with obesity.

CURRICULUM USE	Background for slide 19's Watch-For note ("I can't think of anyone" is almost never literally true; it is perfectionism plus fear). Not named on the r3 slides.
READING PRIORITY	MEDIUM, as background.

19. Cain, Susan. *Quiet: The Power of Introverts in a World That Can't Stop Talking*.

New York: Crown, 2012.

Cain's work on introversion grounds the introversion-isolation distinction in the couple dimension. Introversion is wiring that can be designed for. Isolation is a habit that shifts with the right invitation. Facilitators who find the couple segment challenging will find her chapters on temperament and biology the most useful.

CURRICULUM USE	Background for slide 16 (the couple dimension; full treatment in the Participant Guide). Not named on the r3 slide.
CHECK	The earlier file recommended Chapters 1–3 and described a dopamine/acetylcholine split. In <i>Quiet</i> the biology sits mainly in Part Two (Chapters 4–6). The acetylcholine framing comes from Marti Olsen Laney's <i>The Introvert Advantage</i> (2002), not Cain. Correct before quoting.

20. Putnam, Robert D. *Bowling Alone: The Collapse and Revival of American Community*.

New York: Simon & Schuster, 2000.

Putnam's landmark study documents the decline of community and civic life in America since the 1960s. His idea of social capital as a measurable, depletable resource explains why the fellowship gap is a structural problem, not a personal failure. It is the macro-level counterpart to the deck's pivot line: “This is a design problem, not a character problem.”

CURRICULUM USE	Background for slide 5 and Movement One. Not cited in the session.
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21. Denworth, Lydia. *Friendship: The Evolution, Biology, and Extraordinary Power of Life's Fundamental Bond*.

New York: W. W. Norton, 2020.

Denworth, a science journalist, weaves neuroscience, evolutionary biology and field research to show that bodies and minds are built for friendship. Friendship leaves measurable traces in cardiovascular and immune function and in gene expression. This adds biological depth to the health case.

CURRICULUM USE	Background for slide 7, for facilitators who want deeper science behind the health statistics.
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22. Gottman, John. *The Relationship Cure: A Five-Step Guide to Strengthening Your Marriage, Family, and Friendships*.

New York: Crown, 2001.

Gottman's "bids for connection" (the small overtures people make for attention and response, and whether others turn toward them or away) apply directly to the vulnerability ladder and to the weekly touch in the Recipe. It is useful in the couple dimension too.

CURRICULUM USE	Further reading: background for slides 13, 15 and 16.
WHYZMEN PIECES	Toolkit \$4 At Home (going deeper)

LISTENING KIT SOURCES (SLIDE 28)

Named on the slide as the sources inside the kit. They are fully referenced with the Listening Kit and Sessions 3 and 11, so they are listed briefly here.

Source	Use in Session 10
Voss, Chris, with Tahl Raz. <i>Never Split the Difference</i> . New York: Harper Business, 2016.	Mirror, label, summarise until you hear "That's right." The muscle the men have practised since Session 3.
Brooks, David. <i>How to Know a Person</i> . New York: Random House, 2023.	The Great Listener posture; also on the Going Deeper list (slide 30).
Headlee, Celeste. "10 Ways to Have a Better Conversation." TEDxCreativeCoast, 2015; and <i>We Need to Talk</i> . New York: Harper Wave, 2017.	Listening vs Fixing; <i>We Need to Talk</i> is on the Going Deeper list.
Palmer, Parker J. <i>A Hidden Wholeness</i> . San Francisco: Jossey-Bass, 2004.	The Clearness Room in Session 11: honest, open questions and no advice. The first triad meeting is the rehearsal. (Palmer is a facilitator-layer author.)
Pugh, Allison J. <i>The Last Human Job: The Work of Connecting in a Disconnected World</i> . Princeton: Princeton University Press, 2024.	Going Deeper (slide 30), with the WhyzMen Pugh and Headlee summaries.
Duhigg, Charles. <i>Supercommunicators</i> . New York: Random House, 2024.	Not named on slide 28. Source for looping, the three kinds of conversation and the small-talk bridge in <i>Listening Well</i> r2 (§1, §3, §6) and Toolkit §1.
Barker, Eric. <i>Plays Well with Others</i> . New York: HarperOne, 2022.	Not named on slide 28. Source for "celebrate well" (after Shelly Gable's research) in <i>Listening Well</i> r2 §5 and Toolkit §4.
Bungay Stanier, Michael. <i>The Coaching Habit</i> . Box of Crayons Press, 2016.	"And what else?" on Kit Card One; the seven questions in Toolkit §2.
The Presence Practice (WhyzMen).	In-house practice card included in the kit.

SCRIPTURE

Passage (NIV)	Use
Ecclesiastes 4:9–10, 12. “Two are better than one ... A cord of three strands is not quickly broken.”	Slide 3 (read once at the opening; the image the whole morning hangs on); slide 22 (forming the triads); slide 31 (Practice of the Week).
Proverbs 27:17. “As iron sharpens iron, so one person sharpens another.”	Not in the r3 deck. An optional theological anchor for the vulnerability arc, held in reserve.

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KEY STATISTICS WITH CITATIONS

Statistic	Source	Slide / notes
Chronic loneliness carries a mortality risk comparable to smoking 15 cigarettes a day	Holt-Lunstad et al. (2010); U.S. Surgeon General's Advisory (2023)	Slide 7
Strong social relationships: about 50% greater odds of survival	Holt-Lunstad et al. (2010): 148 studies, 308,849 participants	Slide 7. Highest-quality evidence available
Rich, multifaceted social integration: 91% greater odds of survival	Holt-Lunstad et al. (2010)	Not on slides; reflects depth, not just presence
Relationship satisfaction at 50 predicted health at 80 better than cholesterol	Harvard Study of Adult Development, since 1938 (Waldinger & Schulz, 2023)	Slide 7
About 50 hours to a casual friend, 90 to a friend, 200+ to a close friend	Hall (2019), J. Social & Personal Relationships	Slides 5, 6, 10. Replaces the earlier “60 hours”
Layers of about 1.5, 5, 15, 50, 150, 500, 1,500; each about three times the last	Dunbar (2010; 2021)	Slide 8
Contact to hold a layer: weekly (5), monthly (15), twice a year (50), yearly (150)	Dunbar, <i>Friends</i> (2021)	Slides 10, 15
15% of U.S. men report no close friends (3% in 1990); men with 10+ close friends fell from 40% to 15%	Cox, Survey Center on American Life (2021)	Slide 10 (second figure in notes)
About 1 in 5 men received emotional support from a friend in the past week (about 2 in 5 women)	Cox, Survey Center on American Life (2021)	Slide 10
Past about five people, a group performs rather than talks	Pentland (2014); see CHECK under source 13	Slide 10; slide 22 notes
Loneliness and isolation are as harmful as obesity	Cacioppo & Patrick (2008); Holt-Lunstad et al. (2010)	Background; not on slides

KEY QUOTES FOR FACILITATION

Status: Verbatim = the author's own words; WhyzMen = our framing or synthesis (say it as ours); Verify = attributed, but confirm the wording; Reserve = not in the r3 deck.

Quote	Source	Where	Status
"Two are better than one ... A cord of three strands is not quickly broken."	Ecclesiastes 4:9-12 (NIV)	Slides 3, 22, 31	Verbatim
"This is a design problem, not a character problem."	WhyzMen	Slide 5	WhyzMen
"The men who thrive in the second half of life ... invested most deeply in relationships."	Arthur Brooks, <i>From Strength to Strength</i>	Slide 7	Verify
"The question is not 'Do you have friends?' The question is 'Who are your five?'"	WhyzMen, from Dunbar	Slide 9	WhyzMen
"Proximity is the engine of friendship, not intention."	From Pinker	Slide 12	WhyzMen
"Recurring beats meaningful."	From Baker	Slide 12	WhyzMen
"Assume the friendship."	From Franco	Slide 12	WhyzMen
"Chronic shallowness by mutual agreement."	Attributed to Nelson	Slide 13	Verify
"Vulnerability is not weakness. It is the invitation friendship requires to move forward."	From Nelson	Slide 13	WhyzMen
"The container is the commitment. The friendship grows inside it."	From Vellos	Slide 14	WhyzMen
"Most men do not choose their closest friends. They inherit them from contexts that no longer exist."	WhyzMen	Slide 17	WhyzMen
"Being human always points, and is directed, to something or someone other than oneself."	Frankl, <i>Man's Search for Meaning</i>	Slide 25	Verbatim
"Meaning is not found in comfort. It is found in contribution toward something beyond yourself."	From Frankl	Slide 25 notes	WhyzMen
"Friendship is born at the moment when one man says to another, 'What! You too? I thought that no one but myself ...'"	C. S. Lewis, <i>The Four Loves</i> (1960)	Earlier opening/closing	Reserve • Verbatim
"Friendship is unnecessary, like philosophy, like art ... It has no survival value; rather it is one of those things which give value to survival."	C. S. Lewis, <i>The Four Loves</i> (1960)	Earlier closing	Reserve • Verbatim
"The glory of friendship is not the outstretched hand ... it is the spiritual inspiration that comes to one when he discovers that someone else believes in him."	Commonly attributed to Ralph Waldo Emerson	Earlier closing	Reserve • Verify

Quote	Source	Where	Status
"As iron sharpens iron, so one person sharpens another."	Proverbs 27:17 (NIV)	Earlier optional anchor	Reserve • Verbatim

Under the Lewis quotations: the earlier file rendered the first as "... I thought I was the only one." Lewis's own wording is "I thought that no one but myself ...". Use the book's wording if you bring it back.

SESSION CONTINUITY NOTES

Within the session. Session 10 was once two sessions: The Fellowship Gap (formerly Session 6) and Find Your Circle (Session 10). The earlier Find Your Circle file listed five items as "assumed from Session 6." They are now taught in the same morning, so nothing is assumed:

Earlier "assumed" content	Where it now lives in r3
The Five Practices	Taught in Movement Two, slide 12; turned into a calendar on slide 15 (the Recipe)
The Frientimacy Triangle	Slide 13, then applied in the charter's progression cell (23) and the question arc (24)
The 60-hour threshold	Replaced by Hall's 50 / 90 / 200 hours, slides 5–6, and used again for charter rhythm (slide 23 notes)
The Container concept	Slide 14; the charter IS the container (slide 23)
The Top 5 homework	He walks in with a Top-5 list; it is harvested in the Circle Selection worksheet (slide 20) and the tables of four (slide 21)

Earlier sessions this one draws on:

Prior content	Session	How Session 10 uses it
The covenant: pray for the men on your left and right; listen before fixing	Session 1	Slide 25 (pray together); slide 28 (the one rule of the Listening Kit)
Rotating triads since the first Monday	Session 1 on	Slide 17: "You have sat in triads since October. This morning you choose the one that outlasts the program."
Listening skills: mirroring, labelling, "and what else?"	Session 3	Slide 28 (Voss: mirror, label, summarise)
The marriage session	Session 4	Slide 16 notes: this is not a marriage segment; receive tension, offer a conversation after
Arthur Brooks	Session 8	Slide 7: a WhyzMen author the men already know
Harvest the first half: Part One read whole	Session 9	Slide 3 bridge ("Last Monday you harvested the first half alone"); slide 29 (reread Part One)
The Knapsack	Program thread	Slide 18 callback (Klotz)

Prior content	Session	How Session 10 uses it
Harvest Charter §3.3, Accountability	Charter	Slide 22: three names written in before the men sit back down

Forward content Session 10 plants:

Forward content	When	How it connects
First triad meeting with the Listening Kit and Month 1 question	Wilderness Between, week of Jan 26–Feb 1	Slides 27–29: date in the phone; finish the charter at the first meeting
The Clearness Room	Session 11, Feb 8	Slides 28, 32: the triad holds each man's mission with honest, open questions. The first meeting is the rehearsal
Triad Rule review and triad project	Session 13	The triad becomes the accountability structure for each man's rhythms and first steps
Charter signed and witnessed; laying on of hands	Session 15, March 8	The two triad brothers sign as witnesses and stand with him at the commissioning: the Our Commitment cell fulfilled
NCC Goes service as a triad	Post-program	Slide 25: two or three serve days a year as a triad
First Fruits dinner with wives	About a month after Session 15	Slide 19's fourth question (could your wives connect?) pays off here

RESOLVED SINCE R1

- **Charter section for Accountability:** it is §3.3 in Charter v11 (confirmed October 10). BNR r3 now says §3.3. The Participant Guide r4 still says §3.2 and needs correcting when its hold lifts.
- **Hall's numbers:** every WhyzMen piece now uses 50 / 90 / 200 hours. *Building Friendships in Retirement* r2 also corrects Hall's date to 2019.
- **Lewis's wording** ("What! You too? I thought that no one but myself...") is corrected in *Building Friendships in Retirement* r2.
- **Readings triage:** every file in the old Listening and Relationship Building folder now has a home (see Readings at a Glance).

BEFORE THIS GOES TO PRINT: ITEMS TO VERIFY

Collected from the CHECK rows. None changes the session design; each protects the facilitator in front of a room of professionals.

- **Quotations shown on slides:** Arthur Brooks (slide 7) and "chronic shallowness by mutual agreement" (slide 13). Confirm on the page, or mark them as paraphrase.

- **Key quotes in the source entries** (Baker, Franco, Nelson, Vellos, Dunbar *Friends*) came from the earlier files without page references. Treat them as paraphrases until confirmed.
- **Pentland's group-size ceiling** (slide 10; slide 22 notes). Consider adding Dunbar's conversation-group research, or softening the wording.
- **Cain chapter guidance and neurochemistry** (source 19). The earlier file's Chapters 1–3 and acetylcholine framing need correcting.
- **Dunbar 2010 chapter titles** (source 1) and **Baker's imprint** (source 4).
- **Emerson attribution** for the reserved “glory of friendship” quote. It is widely attributed to him but hard to source in his essays.
- **Card name:** the S11 deck notes (slide 17) call the S10 card “the Brother’s Questions card”; S10 calls it the Great Listener Card. Choose one before the cards are printed.
- **Slide 30:** add *Connect* (see the note under Readings at a Glance).