

## Contents

Foreword by Sherry Turkle ix

Acknowledgments xiii

Introduction xvii

**1 The Meaning of Light 1**

**2 Conversational Catalysts 15**

**3 Meaningful Measures 35**

**4 Remembering and Forgetting 51**

**5 Beyond the Hookup 69**

**6 Picturing Ourselves 83**

**7 Micro Connections 101**

**8 Therapy, Virtually 111**

Notes 133

Index 155