

# THE SIMPLE CURE FOR LONELINESS: CONNECTION



Baya Voce is the host of “The Art of Connection”, a web series looking to experts from across the globe on how to live your most fulfilled life. In this TEDx talk, Baya

reveals a simple tool you can start using today to create more happiness, fulfillment, and connection. Baya's business journey started as a cast member on MTV's The Real World where her interest in relationships was nurtured. She transformed her TV exposure into an entrepreneurial adventure, learning early on how the power of one strong connection can transform your life and career. Her inherent belief that the quality of your relationships equals the quality of your life and that your network is your net worth, led her to her interest in connection, community, and relationships. For the past decade she has studied connection in three pillars: connection with yourself, your partner, and your community.