

# Bowling Alone

The Collapse and Revival of American Community



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## About the book

### Bowling Alone: The Collapse and Revival of American Community

by **Robert D. Putnam**

(New York: Simon & Schuster, 2000). In a groundbreaking book based on vast data, Putnam shows how we have become increasingly disconnected from family, friends, neighbors, and our democratic structures— and how we may reconnect.

Putnam warns that our stock of [social capital](#) – the very fabric of our connections with each other, has plummeted, impoverishing our lives and communities.

Putnam draws on evidence including nearly 500,000 interviews over the last quarter century to show that we sign fewer petitions, belong to fewer organizations that meet, know our neighbors less, meet with friends less frequently, and even socialize with our families less often. We're even bowling alone. More Americans are bowling than ever before, but they are not bowling in leagues. Putnam shows how changes in work, family structure, age, suburban life, television, computers, women's roles and other factors have contributed to this decline.

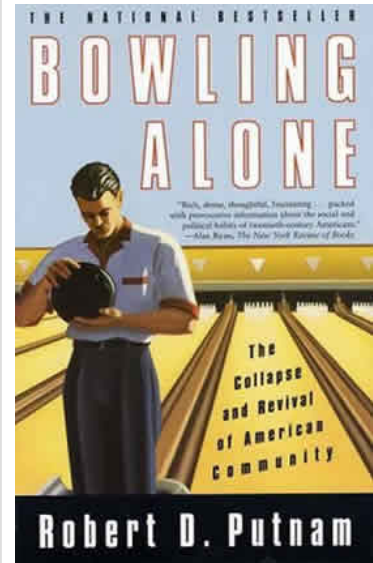
America has civically reinvented itself before — approximately 100 years ago at the turn of the last century. And America can civically reinvent itself again – find out how and help make it happen at our companion site, [BetterTogether.org](#), an initiative of the [Saguaro Seminar on Civic Engagement](#) at Harvard University's Kennedy School of Government.

#### Here's how to:

- [Order \(or review\) the book](#) at Amazon.com. You might want to order for your reading group, book club, class you teach or for your organization.
- Find information on [Prof. Robert D. Putnam](#)
- Learn about efforts to help Americans reconnect, and how you can get involved, at [BetterTogether.org](#), an initiative of the [Saguaro Seminar on Civic Engagement](#) at Harvard University's Kennedy School of Government.
- Access the [bibliography](#) for the book.
- [Access the data](#) used in Bowling Alone, along with additional information not found in the book
- Listen to Prof. Putnam's interview on [NPR's All Things Considered](#)

#### Please spread the word:

- E-mail your friends and colleagues to let them know about the book.
- Mention the book and this web site in Internet discussions, bulletin boards, and newsletters.
- Tell practitioners and professors, and teachers to use it in their class or review it in professional publications.
- Get the book reviewed in your local newspaper or community and organizational newsletters.



#### FACTOIDS...

Joining and participating in one group cuts in half your odds of dying next year.

Every ten minutes of commuting reduces all forms of social capital by 10%

Watching commercial entertainment TV is the only leisure activity where doing more of it is associated with lower social capital.

Declining Social Capital: Trends over the last 25 years

Attending Club Meetings  
58% drop

Family dinners  
43% drop

Having friends over  
35% drop

Type and press enter

