Discussion Guide



Seek You
Kristen Radtke

Pantheon
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Loneliness and Isolation

Summary

There is a silent epidemic in America: loneliness. Shameful to talk about and often misunderstood, loneliness is everywhere, from the most major of metropolises to the smallest of towns. In *Seek You*, Kristen Radtke's wide-ranging exploration of our inner lives and public selves, Radtke digs into the ways in which we attempt to feel closer to one another, and the distance that remains.

Questions

1. When you think of loneliness, what first comes to mind as a knee-jerk response to the idea?
2. What memory do you have of loneliness in stark detail? (See the stories on pages 89-94.)
3. What makes you feel lonely?
4. What makes you feel not lonely?
5. What is the difference, to you, between being alone and being lonely?
6. How would you characterize your relationship to the internet, social media, or digital technology in general? What do you think about that? Is there anything you would like to change?
7. Which quotations or passages from the book (either from the above or from your own reading) strike you the most? Why is that?

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