

POWER  
OF *Connection*  
Sub-Series

# THE SCIENCE OF FAMILY CONNECTION

Devin Ashby

\* While family history can help with anxiety and depression, it is not a substitute for professional help.

Powered  
by

**21 DAY**  
FAMILY CONNECTIONS  
*experiment*

• a family history project •



The Power of Connections series was inspired by the discoveries and experiences of both volunteers and participants from the 21 Day Family Connections Experiment.



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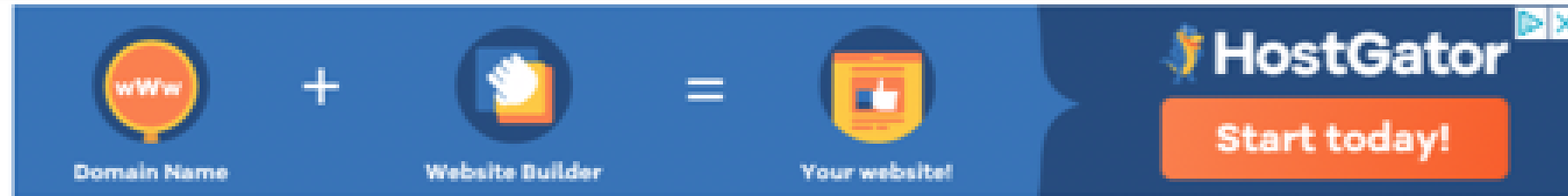




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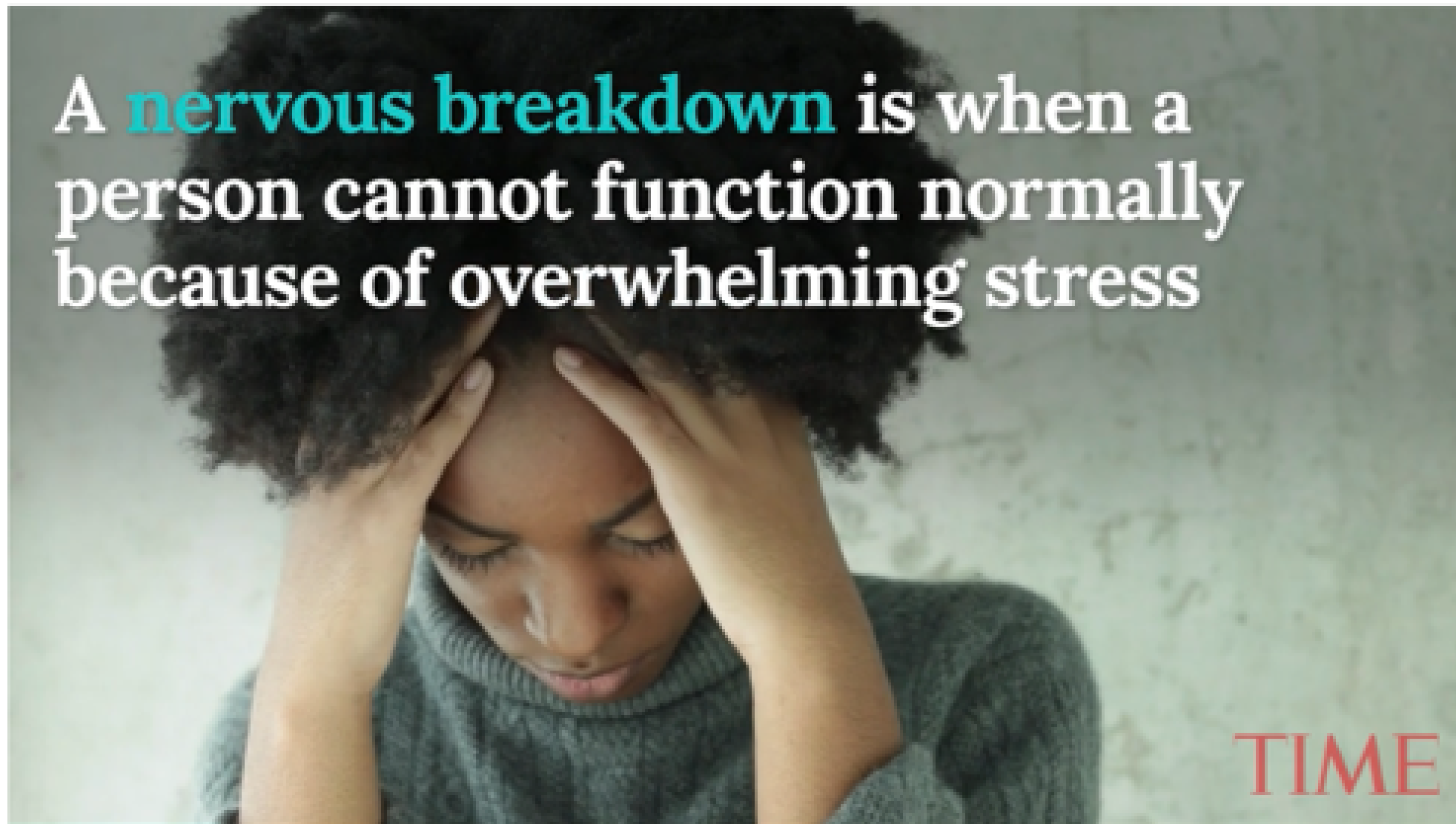




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# Why Instagram Is the Worst Social Media for Mental Health



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# Documenting family connection






“The single most important thing you can do for your family may be the simplest of all: develop a strong family narrative.”

*Bruce Feiler*

Edit Title

# San Francisco

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0:00 0:32 Delete

The image shows a video player interface for a video titled "San Francisco". The video content is a group of about ten people, including children and adults, posing for a photo on a paved walkway. In the background, the iconic red suspension towers of the Golden Gate Bridge are visible against a clear blue sky. The water of the bay is also visible. The video player has a play button icon highlighted with a red square, a progress bar at the bottom showing 0:00 out of 0:32, and a "Delete" button on the right.

AT&T LTE 5:00 PM 26%

Hazel Jean Davenport



Hazel Jean

Contributor: Devin Ashby 23 September 2014

The image shows a mobile application interface for a profile named "Hazel Jean Davenport". At the top, the status bar shows "AT&T LTE", "5:00 PM", and "26%" battery. Below the name is a back arrow and a three-dot menu. The main content is a portrait of an elderly woman with short, curly, light-colored hair and glasses, wearing a white t-shirt. Below the portrait, the name "Hazel Jean" is displayed. Underneath, it says "Contributor: Devin Ashby" and "23 September 2014". At the bottom, there is a row of icons: a share icon, a heart icon with a green plus sign, a speech bubble icon with a green plus sign, a microphone icon with a green plus sign (highlighted with a red square), and a person icon with a green plus sign. A plus sign icon is also visible at the bottom right.





Q&A

*Contact Me*

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# 21 DAY

FAMILY CONNECTIONS

*experiment*

• a family history project •



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