

Overcoming Loneliness: Learn How To Stop Being Lonely

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Overcoming Loneliness - Is It Possible? Is There A Cure For Loneliness? Open The Door To Dealing With Loneliness And Learn How To Cope With Loneliness - These Are The Facts You NEED To Know About! Loneliness... have you ever experienced the heart-wrenching cries of an empty heart, seeking a sense of belonging with all its might, crying out to share its deepest thoughts with another human being? I have felt every gripping moment of it. The long, long hours which seems like days, the lonely nights where I weep in silence, drenching my pillow salty with tears, the lack of desire to face the next day and the thought of wanting to end it all! Overcoming loneliness was becoming a real struggle in my life. Between all the glitter, glamor, riches and status held so dear by so many people in this modern world, very few would actually realize that loneliness is the scourge of our present time. Many people have everything that they can desire, yet they feel lacking something the ability to connect on a real close level with other people. However, loneliness can affect any kind of person in this world, and often it is the elderly who are affected the most, though more and more younger people and even children are affected by feelings of loneliness in our present time. It is very important to note that one of the main reasons we were placed on this earth was to interact with other people. John Milton affirmed this truth about loneliness: "Loneliness was the first thing that God's eye named not good." Yet many people still feel desolated amidst crowds surrounding them. There are many reasons why people feel lonely, but in the end all people feeling lonely will truly suffer the emotional pain that goes with it on a daily basis. If you are feeling lonely as you are reading this, you are not alone. Loneliness is a topic that is very close to my heart because I have been through the depths of empty, meaningless feelings many times and I am not new to that kind of feeling. It doesn't matter if you have a girlfriend/boyfriend, husband or wife. No matter how close you are with them, there are parts of you that they just don't understand! The pain doesn't fade after confiding with your best friend, your group of buddies, or even your counselor! Nobody seems to understand you yet you want them to feel your pain. I empathize with you, my friend. I truly do. But is there a cure for loneliness? How does one learn to deal with loneliness? You may want to know how to cope with loneliness after a break-up, or how to cope with loneliness after divorce. You may want to know

how to deal with loneliness after separation, or how to deal with loneliness at night, or even how to deal with loneliness in college. It may seem to you that you will never get out of this rut. But I have good news for all of us lonely hearts out there. I have survived through it and I have a way to solve it, if not to ease the pain at least. At some point in my life, I decided to start and find a way to deal with my constant feelings of loneliness. I studied everything that I could lay my hands on and started implementing practical steps. It was a long and arduous road to travel, but in the end I reached my goals. However, looking back at this road, I thought that if I had a concise, practical guide to start off with, it would have been a much easier and shorter road to travel. That is the reason why I put this book together: to help others like you, because I know what it is like and I have survived. My stories and writings in my book "Overcoming Loneliness: Learn How to Stop Being Lonely" aim to accomplish a few things: * Understanding the theory behind loneliness to better understand yourself * Understanding the feelings associated with loneliness * Developing a healthy feeling of love to help you overcome problems * Practical steps to break the loneliness cycle * Replacing the feeling of loneliness with healthy thoughts The intention of this book is to make you better equipped to deal with loneliness. Even if you don't feel lonely, perhaps you know someone who is. Use this information to help them and make their world a better place too. Click on the Instant Download or the Add to Cart button at the top left corner of this page to order "Overcoming Loneliness" today! To Your Success! Villette Bachmeier. PS: You may never receive the opportunity to get the "Overcoming Loneliness" ebook at this very low price again. Order now to to avoid dissapointment...

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