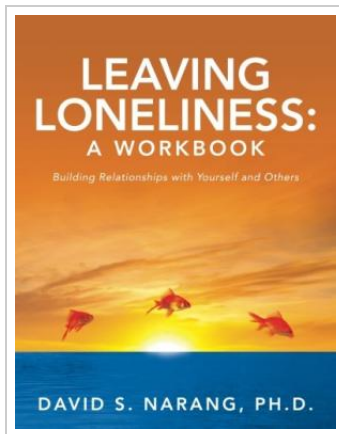




Leaving Loneliness: A Workbook: Building Relationships with Yourself and Others

By David S. Narang Ph. D.

Stronger Relationships. Paperback. Condition: New. 212 pages. Dimensions: 11.0in. x 8.5in. x 0.5in. Addressing persistent loneliness requires reflection and action to address the loneliness at its core. This book focuses squarely on what psychologists call your attachment style, an invisible but pervasive approach to relationships that influences how lonely or socially abundant your life is to become. Your attachment style can leave you nourished with love, isolated and longing, or trapped in stormy and unstable relationships, depending on your particular attachment style. Kirkus Reviews calls Leaving Loneliness, A curative, uplifting workbook (review is below). That is because attachment styles can be changed, and this workbook's purpose is to help you on your path to do exactly that. Use the reflective activities to replace pangs of loneliness with connection. Kindle Edition: To respond to questions in the workbook, just touch the screen for several seconds, and a notepad will appear, allowing you to type and save your responses. Editorial Review: A gentle guide to healing childhood wounds and developing full, satisfying relationships in adulthood. Narang, in this book, seeks to identify barriers to emotional success, and his soothing tone enhances the work considerably. The author clearly explains the workbook's overall format and...



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