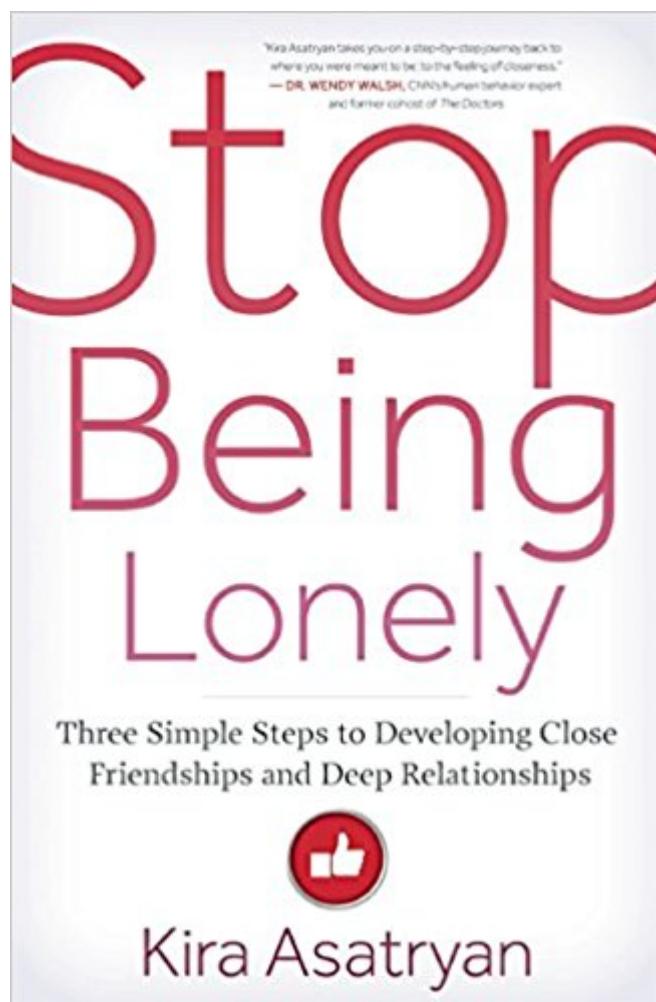


The book was found

Stop Being Lonely: Three Simple Steps To Developing Close Friendships And Deep Relationships



Synopsis

Loneliness Has an Antidote: The Feeling of Closeness Loneliness isn't something that happens only when we are physically alone. It can also happen when we are with people. Online friends, followers, or "likers" • don't necessarily add up to much when you crave fulfilling interaction, and satisfying, long-term relationships are not a mystery to be left up to chance (or technology). The good news is that, according to relationship coach Kira Asatryan, loneliness has a reliable antidote: the feeling of closeness. We can and should cultivate closeness in our relationships using the steps outlined in this book: knowing, caring, and mastering closeness. Whether with romantic partners, friends, family members, or business colleagues, these techniques will help you establish true closeness with others. The simple and straightforward actions Asatryan presents in this wonderfully practical book will guide you toward better relationships and less loneliness in all social contexts.

Book Information

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Best Sellers Rank: #62,551 in Books (See Top 100 in Books) #51 in Books > Self-Help > Relationships > Friendship #126 in Books > Self-Help > Communication & Social Skills #699 in Books > Health, Fitness & Dieting > Mental Health > Happiness

Customer Reviews

OMG " this book was SO HARD TO READ. I kept thinking, it will get better, and it will all come together in the end. Alas, it did not. I do have a question of reviewers who rave about this book. Did you actually READ this book? No joke. Did you READ it? I am in full agreement with BOB M. who I believe READ THE BOOK as I did. I found her to be all over the place. There are contradictory remarks throughout. It's so hard to determine what she is telling the reader to do. This is not written by a psychiatrist or psychologist. This is penned by someone who has suffered loneliness . . . which does not an expert make any more than one who has suffered a heart attack is now a

cardiologist. She states vehemently, it is NEVER your fault for being lonely. The dissertation continues stating loneliness is the fault of our society, culture and technology, which blatantly gives the reader permission to not be held accountable for their state of being and only keeps them stuck in a state of loneliness. I do wonder if the other reviewers read this book. One of the stories recounts a gentleman who does not like the way his boss speaks to him, he found it to be flippant and dismissive. The author, a coach, then asked her client: so your boss doesn't speak to you in a way you like. Who does speak to you in a way you like? To which the client responded: the way a waiter kept calling him and his wife, "my friend". Okay, that's nice. We all like it when people are nice to us. However, wouldn't it make more sense to ask, does your boss speak to everyone this way? If the answer is yes, then either know it's just his way and accept it, don't take it personally and learn to work with that personality type or find another job. If the answer is no, then ask why, and then work on yourself to fit in or find another job.

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