



## Loneliness: From Distance to Acceptance

By Richard C Raynard Phd

Createspace, United States, 2012. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Everyone has been lonely one time or another. Who will make your heart start to sing? Loneliness is a yearning, a feeling of being adrift, a pang in the heart. It s all too easy to hide, fear rejection, try to please and end up being FAKE. The fulfilling path is to learn to reveal your true thoughts and feelings to someone very close and end up becoming REAL. The genuine article. This book is action-oriented and right to the point, so that you can feel progress at every step. The author is a clinical psychologist with 35 years practice with lonely people offering the best research and clinical experience.



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