



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

By David S. Narang Ph.D.

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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.

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Editorial Review

Review

A gentle guide to healing childhood wounds and developing full, satisfying relationships in adulthood. This book seeks to identify barriers to emotional success, and the soothing tone enhances the work considerably. The author clearly explains the workbook's format and each activity's rationale. The variety of exercises is impressive, which allows the reader to tailor the workbook to his or her needs. This flexible approach, combined with the author's easily understandable style, makes this a restorative work for a wide audience. A curative, uplifting attachment workbook. -- *Kirkus Reviews*

About the Author

David Narang, PhD, is a psychologist practicing in Santa Monica. Interviewed in Time Magazine and ABC News, the purpose of his professional life is to help people form warmer, stronger relationships.

Users Review

From reader reviews:

Adrian Woodson:

Now a day folks who Living in the era everywhere everything reachable by connect to the internet and the resources inside it can be true or not need people to be aware of each information they get. How a lot more to be smart in obtaining any information nowadays? Of course the answer is reading a book. Studying a book can help men and women out of this uncertainty Information particularly this Leaving Loneliness: A Workbook: Building Relationships with Yourself and Others book because this book offers you rich data and knowledge. Of course the data in this book hundred percent guarantees there is no doubt in it everybody knows.

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Brittany Gonzalez:

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