



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

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.

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.

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