

Dealing With Loneliness With Plr/mrr Rights



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Why I Wrote This Book Welcome, my dear readers! If you are feeling lonely as you are reading this, you are not alone. The reason why I put this book together is because I know what it is like. Loneliness is a topic that is very close to my heart because I have been through the depths of empty, meaningless feelings many times and I am not new to that kind of feeling. I have felt every gripping moment of it. The long, long hours which seems like days, the lonely nights where I weep in silence, drenching my pillow salty with tears, the lack of desire to face the next day and the thought of wanting to end it all! It doesn't

matter if you have a girlfriend/boyfriend, husband or wife. No matter how close you are with them, there are parts of you that they just don't understand! The pain doesn't fade after confiding with your best friend, your group of buddies, or even your counselor! Nobody seems to understand you yet you want them to feel your pain. I empathize with you, my friend. I truly do. But I have good news for all of us lonely hearts out there. I have survived through and I have a way to solve it if not ease the pain at least. My stories and writings in this book aim to accomplish a few things: Understanding the theory behind loneliness to better understand yourself Understanding the feelings associated with loneliness Developing a healthy feeling of love to help you overcome problems Practical steps to break the lonely cycle Replace the feeling of loneliness with healthy thoughts It is my sincere wish that after you read this book, you will be better equipped to cope with loneliness. Even if you don't feel lonely, maybe you know someone who is. Use this information to help them and make their world a better place.

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