



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

By David S. Narang Ph.D.

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## Leaving Loneliness: A Workbook: Building Relationships with Yourself and Others By David S. Narang Ph.D.

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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### **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**

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##### **Lela Hird:**

This Leaving Loneliness: A Workbook: Building Relationships with Yourself and Others book is not really ordinary book, you have it then the world is in your hands. The benefit you have by reading this book is information inside this e-book incredible fresh, you will get details which is getting deeper you actually read a lot of information you will get. That Leaving Loneliness: A Workbook: Building Relationships with Yourself and Others without we understand teach the one who reading through it become critical in contemplating and analyzing. Don't possibly be worry Leaving Loneliness: A Workbook: Building Relationships with Yourself and Others can bring when you are and not make your tote space or bookshelves' turn into full because you can have it with your lovely laptop even cell phone. This Leaving Loneliness: A Workbook: Building Relationships with Yourself and Others having great arrangement in word in addition to layout, so you will not truly feel uninterested in reading.

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**Estelle Hicks:**

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