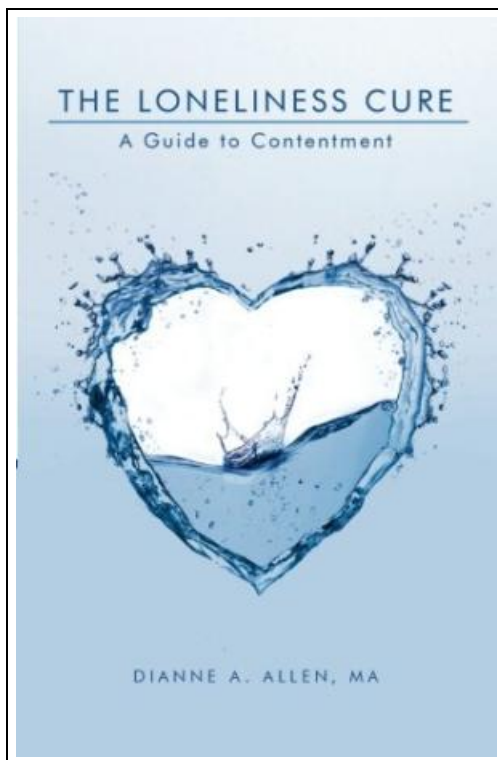


## The Loneliness Cure: A Guide to Contentment (Paperback)



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*This book is really gripping and fascinating. Of course, it is actually play, nonetheless an interesting and amazing literature. You will not feel monotony at anytime of the time (that's what catalogs are for about if you request me).*  
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Balboa Press, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Dianne Allen brilliantly attacks the loneliness monster that lurks inside. She goes straight for the cause then offers the direct cure for the issues that created your loneliness from the start. No more feeling lonely in a crowded room! If you have ever had even one lonely moment in your life, I guarantee you will see yourself in these pages and if you open to this wisdom, the cure awaits inside. -- Dr. Crystal F. Gifford Nationally known speaker Dianne A. Allen, MA takes her raw experience, education and information and establishes a strategy - a model- for transformation. As with Dianne s approach to living joyfully, the first step in curing loneliness is through daily consistent focused action. Not only does The Loneliness Cure provide the reader a 5 part visual Model for Transformation, but peppers its pages with exercises and a chart to help the reader realize personal solutions. This book teaches that connection is vital for joyful living, so too disconnection fuels loneliness. Loneliness, like contentment, affects all people. By applying the 5 part model, you can truly live a contented and joy filled life without the fear of loneliness. This book offers an active and vibrant way to become free from the causes and effects of loneliness. A contented and grateful life is attained by following the simple daily actions created to help motivate and inspire readers. Find what inspires you to be contented in life by reading The Loneliness Cure.



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