

A silhouette of a person with their hair in a bun, looking out over a landscape at sunset. The sun is low on the horizon, creating a warm, golden glow and long shadows. The sky is filled with scattered clouds, and the overall mood is contemplative and serene.

HOW TO DEAL WITH LONELINESS

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INTRODUCTION

Why Did I Write This Book?

You are not alone if you are feeling lonely as you are reading this. I put this book together because I understand what it's like. Loneliness is a topic near and dear to my heart because I have experienced the depths of empty, meaningless sensations many times and am not unfamiliar with them.

I've felt every tense moment of it. The lonely nights where I mourn in silence, drowning my pillow salty with tears, the lack of will to face the next day, and the notion of wanting to end it all!

It makes no difference if you have a girlfriend, a boyfriend, a husband, or a wife. No matter how close you are to them, there are aspects of you that they simply do not comprehend! The agony does not go away after telling your best buddy, a group of friends, or even your counselor! Nobody appears to understand you, despite the fact that you want them to experience your anguish.

My friend, I feel your pain. I honestly believe it.

But I have some excellent news for all of you lonely souls out there. I've made it this far, and I may know how to solve it, or at least lessen the pain.

The following are the goals of my stories in this book:

>Understanding the philosophy of loneliness in order to better understand oneself.

>Recognizing the emotions connected with loneliness.

>Creating a healthy love emotion to help you overcome challenges.

>Practical methods to break the cycle of loneliness.

>Replace feelings of loneliness with positive thoughts.

My earnest hope is that after reading to this book, you will be better equipped to deal with loneliness. Even if you are not lonely, you may know someone who is. Use this knowledge to assist them and make their world a better place.



ALL BY YOURSELF

Everyone on the planet has experienced this emotion at some point in their lives. Loneliness is on the rise, especially in these days of fast technological advancement.

One in three people in America is affected by loneliness, and one in 12 is affected severely. The effects of loneliness can't really be tied to the physical characteristics of lonely people. Rather, they are due to the effects of loneliness on everyday people. – At the Forefront, UChicago Medicine.

First and foremost, we must define loneliness.

Loneliness is a psychological state. This is a situation in which people feel disconnected from the people around them as well as a deep sense of emptiness, rendering their current company useless.

Loneliness is a state of mind characterized by a dissociation between what an individual wants or expects from a relationship and what that individual experiences in that relationship. – Dr. Stephanie Cacioppo, Assistant Professor of Psychiatry and Behavioral Neuroscience of the UChicago Medicine



That person could be in a vast crowd or by himself or herself, married or single, young or old. They generally find it very hard to connect with others and feel independence from significant interactions.

Since loneliness is a state of mind, being physically alone is neither necessary nor enough to feel lonely. One can feel lonely even when surrounded by people at work, at home, or in a marriage. Loneliness can happen to anyone, regardless of income, education, gender, or race, and it can spread.

This is not the same as being alone.

Being alone does not imply being lonely because it is often beneficial to a person to be alone and may be quite rejuvenating as the person has the opportunity to refresh, recuperate, and rediscover a portion of our existence.