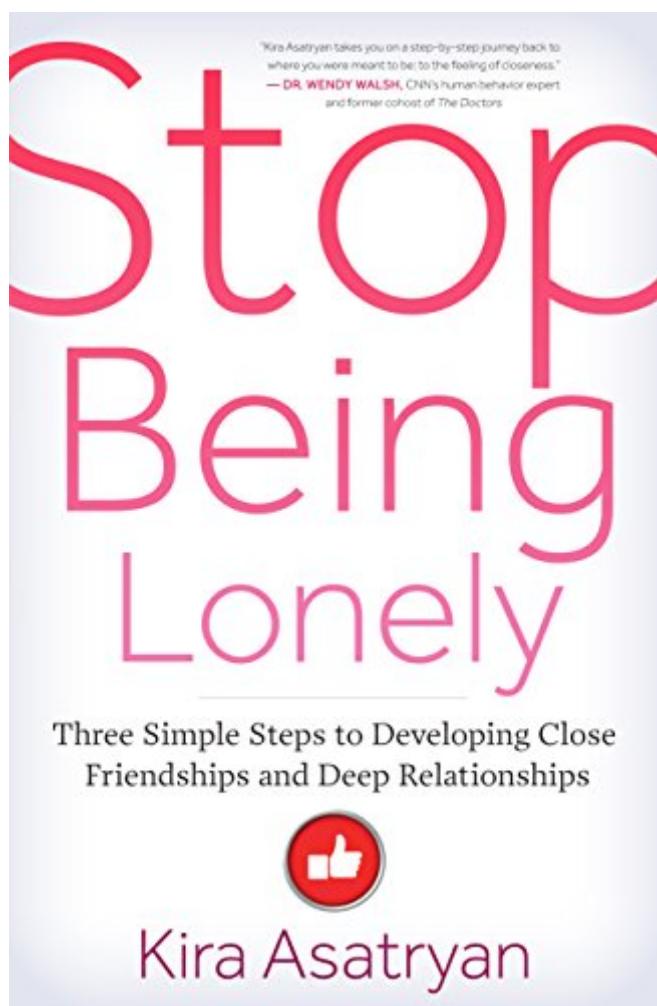


The book was found

Stop Being Lonely: Three Simple Steps To Developing Close Friendships And Deep Relationships



Synopsis

Loneliness Has an Antidote: The Feeling of Closeness Loneliness isn't something that happens only when we are physically alone. It can also happen when we are with people. Online friends, followers, or "likers" don't necessarily add up to much when you crave fulfilling interaction, and satisfying, long-term relationships are not a mystery to be left up to chance (or technology). The good news is that, according to relationship coach Kira Asatryan, loneliness has a reliable antidote: the feeling of closeness. We can and should cultivate closeness in our relationships using the steps outlined in this book: knowing, caring, and mastering closeness. Whether with romantic partners, friends, family members, or business colleagues, these techniques will help you establish true closeness with others. The simple and straightforward actions Asatryan presents in this wonderfully practical book will guide you toward better relationships and less loneliness in all social contexts.

Book Information

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Customer Reviews

I picked this book up (or, downloaded it, to be accurate) because I just moved across the country for work and have noticed myself feeling more down for a lack of friends. Even though I moved with my boyfriend, I wanted some advice on how to connect with new people in new situations - something that's never been my forte. Long story short, this book is excellent. It's very practical and literally takes you step by step from figuring out how/where to meet people, how to get to know them, and how to become emotionally close to one another (if that's what you want). While there's some research included, this is not a book about the abstract idea of loneliness, like other books I've read on the topic. It spoke to me on a human level and really helped me stop blaming myself for my lack of social ease with other people. Last thing I want to mention, while the book definitely speaks to people who are feeling lonely, the advice is a lot more widely-applicable than just that. It's really about all relationships. My relationship with my boyfriend is great and I still find myself thinking about it in a new way because of the book. Even if you're not lonely, I think this is a must-read for anyone who cares about having strong relationships.

The book goes in much, much depth than I thought it would, covering the most fundamental problems in human relationships, and very practical advice on how to address them. A must-read. (especially if you're in Silicon Valley!)

Fantastic and timely book for all of us. Asatryan breaks down the causes and solutions of modern western loneliness in a novel and approachable way. The book is a quick read, and full of practical advice. I couldn't put it down. Asatryan really understands millennials and how technology has changed relationships (and not always for the better)! The writing is incredibly clear and intelligent. This book would really be great for anyone feeling lonely, isolated, or poorly understood (which... is pretty much everyone, right?). Do yourself a favor, give this a read and begin developing closer and more meaningful relationships with friends, coworkers, and romantic partners. Or, show someone you care and pick this up as a gift...

This is a really good book so far. I read just a few pages and it defines in one instance close relationship and the difference from a surface and labeling kind of relationship. I have gotten a lot out of the book so far. And can't wait to read the rest. The book is good for deeper more meaningful relationships with whoever you want to have a closer relationship. This book is helpful for me.

Interesting read!

Was as expected

I love it! In the first 30 pages, Kira Asatryan instantly diagnoses why one of my 'closest' friendships has actually been feeling funky. The author's insight is that closeness is a result -- not a holy grail or scientific attribute -- of simple, concrete actions that we take. She argues we can ALL cultivate more authentic closeness in our lives by (1) taking the time to understand and stay up-to-date on the present realities of our loved ones, and then (2) by increasing our investment in one another's well-being. On face, it's so simple! But in practice, this root truly resonates for why even wonderful relationships sometimes falter and flail. Thank you Kira for keeping us honest, close and real.

This book's central premise that love is mysterious but that closeness is reliable is a brilliant one. Simply learning how to be closer to other people is the "magic bullet" that can move us from terrible loneliness to real connection. I love it how the author uses research studies and how she makes it clear that the dislocating, pestering nature of social media is such a contributing factor to our current "epidemic of loneliness." Her ideas are simple, bold and strong and I think that anyone would benefit from them including folks who have a lot of relationships and still feel lonely! Highly recommended.

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