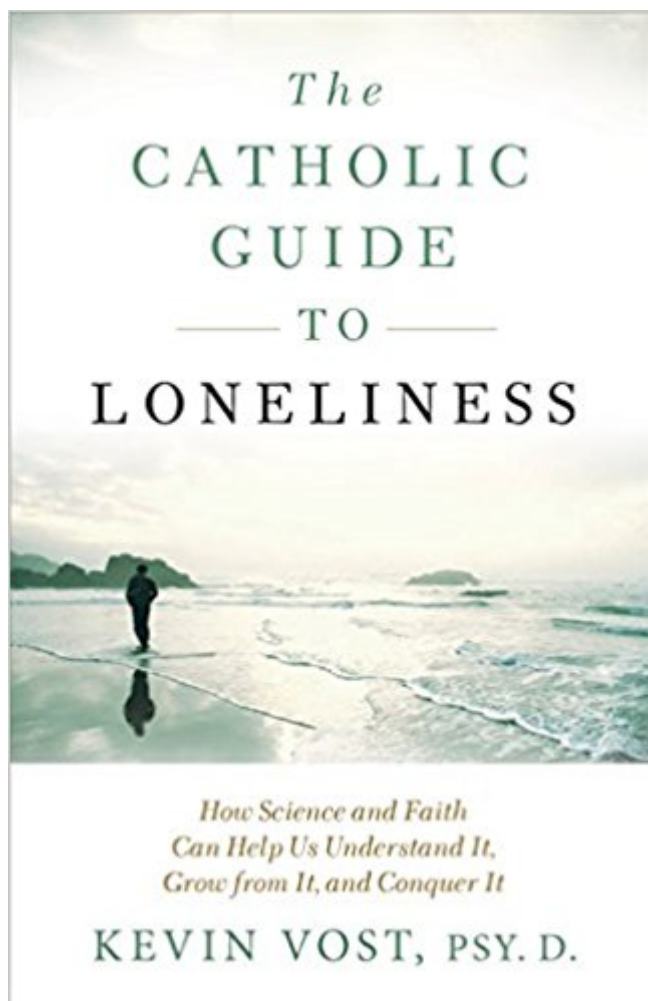


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The Catholic Guide To Loneliness



Synopsis

In these profoundly insightful and practical pages, Catholic psychologist Kevin Vost combines the latest scientific research with sound Catholic teachings to help us understand the root of loneliness in ourselves and others, to bear it and grow from it, and to conquer it. You'll learn how to identify the various types of loneliness and differentiate them from other afflictions such as depression, social anxiety, bereavement, and even suicidality each of which often have overlapping symptoms and which might arise from severe, prolonged states of loneliness. You'll also learn the three key psychological and behavioral components of loneliness as well as the practical techniques that can improve your thoughts, emotions, and behaviors in ways that help us better cope with emotional and social isolation. Drawing lessons from monks, hermits, and the Church's greatest creative geniuses, Dr. Vost will finally lead you to see the silver lining within the dark clouds of loneliness, showing how periods of social isolation can be used as opportunities to become more psychologically and spiritually resilient.

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Banish loneliness today the Catholic way! Here's a comprehensive guide to loneliness that affords Catholics the deepest possible answers to the growing problem of loneliness in our fragmented, technological modern society. Rooted in ancient philosophical and Biblical wisdom, and buttressed by modern theory and research, these pages bring you to an understanding of the root causes of loneliness and teach you the remedies secular and religious that are most apt to cure this ever more prevalent problem. You'll also come to see how to harness loneliness for the service of God and neighbor, and how to bear with grace any residual loneliness you can't manage to defeat. Open

these wise pages to discover: The simple ABCs of Lonely Thinking The 3 psychological and behavioral components of loneliness Practical techniques to counteract the effects of all 3 of them 30 easy, concrete steps you can take now to conquer your loneliness How to acquire the virtues that immunize you against loneliness; and How to profit from solitude when you must be alone Plus, much more! Here are scores of lessons about loneliness from ancient solitary monks, modern psychologists, saints like Thomas More and Thomas Aquinas, and Christ Himself lessons that are guaranteed to uproot forever the weeds of loneliness that are choking out the fruitful life God wants you to have.

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