



Love yourself-your life depends on it: How to transform your life and overcome the loneliness.

Wilson Cooper

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How to transform your life and overcome the loneliness.

We all feel alone from time to time. It's natural for all for all human beings. In fact many of us enjoy being by ourselves, since this is how we recharge. Yet when you sense that feeling of chronic loneliness, when you feel displaced and unattached from everyone whether you are with other people or not. In fact, many studies say this can impact our health in a very negative way, causing everything from heart disease to cancer.

How do we overcome this horrible feeling? We try to get rid of it in any way we can: changing friends, creating social media accounts. We wait all day for that one like on our Facebook status so we feel acknowledged, and yet the feeling comes back only a short time later. Sometimes we even try to drown it out with alcohol, drugs, or unhealthy relationships, but they only leave us feeling worse. Is there anything out there that can really help?

As you read this book, you will better understand where these feelings come from. You will also receive advice for how to better overcome your lonely feelings and learn to love yourself and your own company. You will learn how to start off your day so you feel reaffirmed and focused when you finally leave the house. You learn little tips for changing your outlook on life and noticing the good in this world. Moving forward, you'll start to realize that it is okay to enjoy your own company from time to time. You'll even learn how to take the first steps towards true kindness and even realize that some people are meant to stay out of your life.

By the time you've completed this book, you may finally realize that no one in this world is ever really alone.

Here is a preview of what you'll learn:

- How do we overcome this horrible feeling?
- Is there anything out there that can really help?
- Where these feelings come from
- Little tips for changing your outlook on life and noticing the good in this world
- Start to realize that it is okay to enjoy your own company from time to time
- Finally realize that no one in this world is ever really alone.

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