

The Anatomy of Loneliness: How to Find Your Way Back to Connection

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Following in the footsteps of the success of *The Completion Process*, bestselling author and modern spiritual leader, Teal Swan offers an in-depth exploration and understanding of loneliness. Drawing on her extraordinary healing technique; the Connection Process Teal offers a way to experience connection once again.

Loneliness is reaching endemic proportions in our society, reflected by rising suicide rates and increased mental illness. Now, more than ever we need to find a way to connect. Loneliness, is a feeling of separation or isolation, it is not necessarily the same as the physical state of being alone. This book is for people who suffer from loneliness, the kind that cannot be solved by simply being around other people. Their aloneness is a deeply embedded pattern that is both negative and painful; it is often fueled by trauma, loss, addiction, grief and a lack of self-esteem and insecurity. In *The Anatomy of Loneliness*, Teal identifies the three pillars or qualities of loneliness: Separation, Shame and Fear and goes on to share her revolutionary technique; The Connection Process, a form of intuitive journeying, usually involving two people a "receiver" and a "journeyer". Through a series of exercises each person experiences "walls" and "blockages" as they move through the process both participants face their fears learning from these to reach a place of unconditional love and acceptance.

TEAL SWAN was born in Santa Fe, New Mexico with a range of extrasensory abilities, including clairvoyance, clairsentience, and clairaudience. She is a survivor of severe childhood abuse. Today she uses her extrasensory gifts as well as her own harrowing life experience to inspire millions of people towards authenticity, freedom and joy. Her worldwide success as a modern spiritual leader has earned her the nickname "The Spiritual Catalyst." She is the bestselling author of three books: *The Sculptor in the Sky*, *Shadows Before Dawn* and *The Completion Process*. As the health impact of loneliness in the UK reaches epidemic status, a so-called "spiritual leader" and popular Youtuber outlines practical tools to help you "find your way back to a place of connection".

-Mail On Sunday

'A great tool for mental health and a way to clear your head of some possible really bad things in life. I feel like the lost and sad people of the world can find a light in the chapters and that the author shares so much wisdom in just a few short hours of reading. You can tell this is a person who wants the best for you and wants you to change your mindframe to be able to love yourself and find peace. It is more than just a word of encouragement book because you work on the topics yourself at your own pace and you can build a great happiness in your spirit.'

- Cassandra M's Place blog

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👉 👉 👉 👉 👉 . An Intimate Look at Loneliness Richard H. Price. was alone . But I wasn't , really Come visit , " or " Let's go out . Let's do something The issue of guilt in connection with loneliness is an important topic in itself ."