

LONELINESS, LOVE AND ALL THAT'S BETWEEN: A PSYCHOLOGICAL LOOK AT WHAT MAKES US LONELY AND WHAT KEEPS US IN LOVE

AMI ROKACH
(THE CENTER FOR ACADEMIC STUDIES, ISRAEL)
AUTHOR

Loneliness, as old as time itself, is not easy to define. It's a bit like love – you know when you feel it, but cannot specifically define it. However, no one who ever walked on the face of this earth has gone through life without experiencing the pain of being lonely, alienated, and feeling unconnected to others, unloved, or even rejected. Although we, at the 21st century, pride ourselves as inventors [the Internet, computers, reaching the moon, and biomedical advances] we did not invent this one – loneliness was here way before any of us, and consequently we can find it mentioned in the Bible, literature, art, and philosophy. And, as things appear now – it is here to stay. In addition to addressing loneliness, its causes, and how it affects our health, well being, and quality of life, we also discuss what loneliness anxiety is, and the difference between loneliness and depression; For those two may go together, but are actually different. Ending the book is a chapter on what to do when we face difficulties in our relationships. As the title Loneliness and Love implies, we consulted resources that describe marriage enrichment courses, and included many techniques that we could utilize to better our relationship with our spouse, enrich our already good relationship, and if needed, 'fix' wounded or broken relationships. An easy and interesting read, written in everyday language, and is geared for anyone who one time or another may experience loneliness and been in love.

Promotional Offer 20% off Soft Cover: 978-1-62948-110-4 • E-Book: 978-1-62948-173-9 • ~~\$85.00~~ • **\$68.00**

Name: _____

Address: _____

Number of copies: _____ Payment enclosed: _____ Send Proforma Invoice: _____

Credit Card Number: _____ Expiration Date: _____ (Mo) _____ (Yr)

Authorized Signature: _____

(New York state residents please add appropriate sales tax)

Nova Science Publishers, Inc.

400 Oser Avenue, Suite 1600, Hauppauge, N.Y. 11788-3619, USA

Phone (631) 231-7269 * Fax (631) 231-8175 * E-mail: nova.main@novapublishers.com

www.novapublishers.com



You can also email our Billing department at billing.central@novapublishers.com and enter special20 in the subject line of the email. Thank you!

Table of Contents

Foreword

Introduction

Part 1: On Loneliness and Love

Chapter 1: What is Loneliness?

Chapter 2: Loneliness and the Lifecycle

Chapter 3: Why Are We Lonely?

Chapter 4: Coping with Loneliness

Chapter 5: On Love and Loneliness

Part 2: Marriage and the Family: What Can Go Wrong
and How to Make It Better

Chapter 6: Marriage and the Family

Chapter 7: Successful Marriages

Chapter 8: Intimate Relationships: Growth and Development

Chapter 9: Loneliness in Romantic Relations

Chapter 10: Enriching Good Marriages and Fixing Bad Ones

Some Concluding Thoughts

Selected References

Index