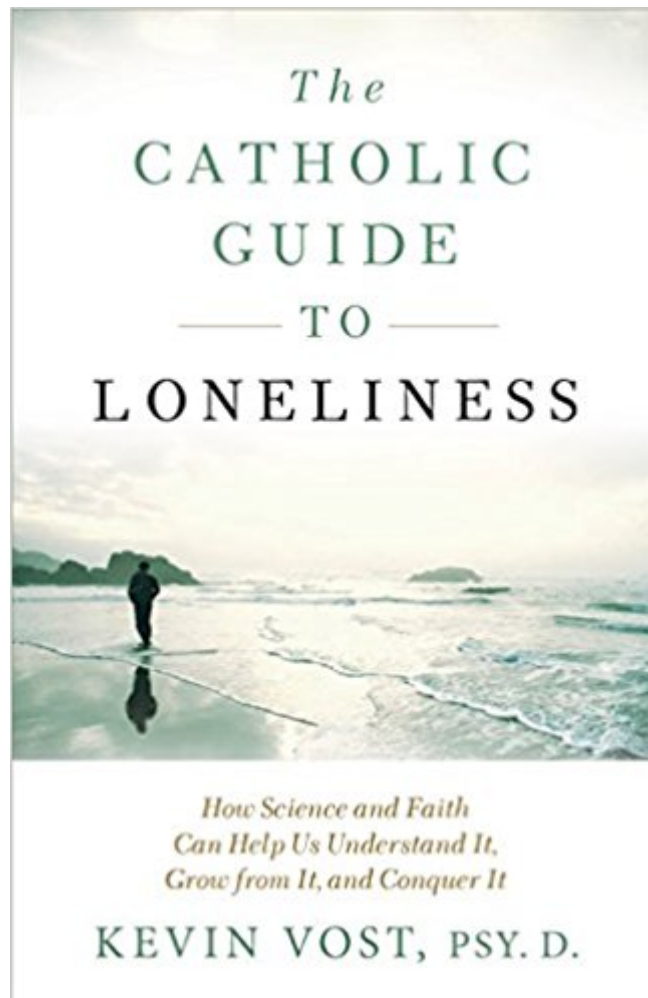




Ebook Directory
the best source of ebook

The book was found

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.

Book Information

Paperback

Publisher: Sophia Institute Press (September 26, 2017)

Language: English

ISBN-10: 1622824148

ISBN-13: 978-1622824144

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #343,054 in Books (See Top 100 in Books) #91 in Books > Christian Books & Bibles > Catholicism > Self Help #1649 in Books > Christian Books & Bibles > Christian Living > Self Help #1902 in Books > Self-Help > Spiritual

Customer Reviews

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.

[Download to continue reading...](#)

The Catholic Guide to Loneliness The Long Loneliness: The Autobiography of the Legendary Catholic Social Activist The Bad Catholic's Guide to Wine, Whiskey, & Song: A Spirited Look at Catholic Life & Lore from the Apocalypse to Zinfandel (Bad Catholic's guides) All Things Lovely All Things Lovely Catholic Journal Color Doodle: Catholic Devotional for Teen Girls in all Departments Catholic Devotional for Women ... Books for Teens Girls Teen Girls in all Dep Catholic Christianity: A Complete Catechism of Catholic Church Beliefs Based on the Catechism of the Catholic Church The Well of Loneliness (Wordsworth Classics) The Opposite of Loneliness: Essays and Stories Transforming Our Painful Emotions: Spiritual Resources in Anger, Shame, Grief, Fear and Loneliness My Lesbian Experience with Loneliness Big Disconnect: The Story of Technology and Loneliness (Contemporary Issues) A Cry Unheard: New Insights into the Medical Consequences of Loneliness The Impossibility of Loneliness: The Search for Home Exploring Catholic Literature: A Companion and Resource Guide (Catholic Studies) Life is Worth Living-24 CD Audiobook-Catholic Answers-Anxiety-Divine Mercy-Beyond Good and Evil-Eternity for Men-Jesus Christ-Healing-God is Not ... Church and Science-Catholic Mass-Catechism New American Bible Catholic Bible Edition. Catholic Audio Bible on 14 CDs Digitally recorded word for word from the sacred texts without distracting ... case and individual protective postions. In the Beginningâ: A Catholic Understanding of the Story of Creation and the Fall (Ressourcement: Retrieval and Renewal in Catholic Thought (RRRCT)) The Catholic Youth Bible, Third Edition: New Revised Standard Version: Catholic Edition The Catholic Youth Bible: New Revised Standard Version: Catholic Edition Biomedicine and Beatitude: An Introduction to Catholic Bioethics (Catholic Moral Thought) All Things Joyful All Things Lovely Catholic Journal Color Doodle: First Communion Gifts for Girls in All Departments Confirmation Gifts for Girl in ... All Dep Catholic Devotional 2017 in all Dep

Contact Us

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)