



Never Be Lonely Again: The Way Out of Emptiness, Isolation, and a Life Unfulfilled

Pat Love, Jon Carlson

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In our fast-paced world of longer working hours and quick distractions, it's difficult to develop and maintain relationships that soothe the soul. Even as relationship and behavioral experts, both Pat Love and Jon Carlson each found themselves battling the plague of loneliness. It was only after a momentous meeting with the Dalai Lama that Love and Carlson began to develop an effective approach that would recalibrate the way they understood relationships. Now with *Never Lonely Again*, readers will learn how to find the necessary time to maintain friendships, be truly present for a partner, and reach out to people when in need.

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