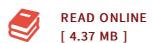




Lonely Girl? (Paperback)

By Gail Snyder

Jasmine Health, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. Besides taking an emotional toll on you, loneliness can take a physical toll on your body as well. Studies show that lonely people have higher blood pressure, which can cause heart disease, than people who don t feel lonely. If you aren t a loner by choice, how can you cope? Using real-life examples and quotations, LONELY GIRL? discusses the biological, emotional, and social effects of loneliness and provides research-based information on the best ways to overcome it. Take a quiz to find out if shyness is keeping you from making friends, and read tips on how to be more social.



Reviews

I just started off reading this article publication. It is definitely simplistic but surprises in the 50 percent of your ebook. You are going to like how the author create this publication.

-- Clint Labadie

It in just one of my personal favorite publication. It is among the most awesome publication i have read. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Delia Rutherford