



## Freedom from Loneliness: 52 Ways To Stop Feeling Lonely

By Jennifer Page, Pam Rhodes



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This is the story of one woman's quest to discover ways to find freedom from loneliness. A staggering 78% of us will suffer from feeling lonely during our lives and 11% of people often struggle with loneliness. Loneliness can have serious effects on both mental and physical health. The emphasis on online rather than face-to-face communication, changing work patterns and the increasing number of single-person households are exacerbating the problem of loneliness in today's society. Yet it's something that is seldom talked about. Fed up with the "just get out more" approach, the "you need to make new friends" approach and the "improve your social skills" approach, author Jennifer Page decided to do her own research into practical ways of making more meaningful connections in her life. Foreword by Pam Rhodes, presenter of BBC Songs of Praise. 20% of the proceeds from sales of this book will be donated to the registered charity, Mary's Meals.

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