

#LONELINESS: THE VIRUS OF THE MODERN AGE BY TONY JETON SELIMI

A balm for the restless soul yearning for connection,
freedom, and love in the desert of emptiness.
—Foreword by Dr. John Demartini, international best-selling author

#LONELINESS

THE VIRUS OF THE MODERN AGE



TONY JETON SELIMI

**DOWNLOAD EBOOK : #LONELINESS: THE VIRUS OF THE MODERN AGE BY
TONY JETON SELIMI PDF**



A balm for the restless soul yearning for connection,
freedom, and love in the desert of emptiness.

—Foreword by Dr. John Demartini, international best-selling author

#LONELINESS

THE VIRUS OF THE MODERN AGE



TONY JETON SELIMI

Click link bellow and free register to download ebook:

#LONELINESS: THE VIRUS OF THE MODERN AGE BY TONY JETON SELIMI

[DOWNLOAD FROM OUR ONLINE LIBRARY](#)

#LONELINESS: THE VIRUS OF THE MODERN AGE BY TONY JETON SELIMI PDF

Understanding the method how to get this book [#Loneliness: The Virus Of The Modern Age By Tony Jeton Selimi](#) is also useful. You have remained in best site to start getting this information. Get the [#Loneliness: The Virus Of The Modern Age By Tony Jeton Selimi](#) web link that we offer right here as well as visit the web link. You can get guide [#Loneliness: The Virus Of The Modern Age By Tony Jeton Selimi](#) or get it as soon as feasible. You could quickly download this [#Loneliness: The Virus Of The Modern Age By Tony Jeton Selimi](#) after getting bargain. So, when you need guide promptly, you can directly get it. It's so easy and so fast, right? You have to prefer to in this manner.

Review

Review By Gemma Benton Completed on:06/11/2016 Review Rating:5 stars! Download your free 5 Star Seal. Reviewed By Gemma Benton for Readers' Favorite

[#Loneliness: The Virus Of The Modern Age](#) by Tony Selimi is the warm embrace a world suffering from a devastating epidemic of self-doubt, rejection, and loneliness desperately needs. From the first pages of his book, Tony Selimi assures his readers that they are indeed in the right place at the right time and, in fact, they are the cure to this epidemic of loneliness that threatens to cripple us all.

In [#Loneliness: The Virus Of The Modern Age](#), bestselling, award-winning author and human behavior, cognition and emotional intelligence expert Tony Selimi peels back the layers of his life and reveals the shame and guilt, repressed sexuality and fear he experienced as a homeless war refugee turned family man and high level corporate IT manager. In a moment that might have been predicted to be his cataclysmic failure, author Tony Selimi tells us how he found the courage to walk away from his already successful life and turn towards his most powerful inner truth. In a way that is intended to evoke our own transformational powers, Tony Selimi shares how he began the arduous journey of reclaiming his life and stepping into his destiny as a successful entrepreneur, highly acclaimed international speaker, and respected spiritual teacher and healer. Today he shares hope and hard-earned wisdom about loneliness and power with the world through the pages of [#Loneliness: The Virus Of The Modern Age](#), his award-winning books, training, and programs.

Well written, thought provoking and deeply inspiring, [#Loneliness: The Virus Of The Modern Age](#) doesn't just tell us his phenomenal story of success and genuine happiness and leave us admiring his success and achievement, but informs us about the facts behind the epidemic of loneliness, and gently guides us with his five-step AWARE formula and power-filled "light bulb" moments to find the courage to reclaim our own health, wealth, and happiness. It's been said that to get better answers, we've got to learn how to ask better questions. In [#Loneliness](#), Tony Selimi offers us not one, but many great questions. Questions like, "What can you do daily to activate your light and remain switched on?" dare us to not just survive loneliness, depression and anxiety, but to find the fire that ignites and transforms us.

Step by step, chapter by chapter, Tony Selimi challenges us not to just learn from and celebrate his journey from loneliness to greatness, but rather he offers a well crafted tool designed to empower and heal our lives so that we then can join efforts in creating an epidemic of hope and healing on the planet.

Review 2: Review By Romuald Dzemo Completed on:06/01/2016 Review Rating:5 stars! Download your free 5 Star Seal. Reviewed By Romuald Dzemo for Readers' Favorite

#Loneliness: The Virus of the Modern Age by Tony Jeton Selimi is a powerful and timely book that addresses one of the universal problems of our age, a problem that stares most of us in the face continually. In today's fast-paced culture and eclectic technological environment, it is easy to get absorbed in the tools of communication without actually grasping the essentials of connectivity. Loneliness becomes more and more of a grave concern for modern man and, at a time when communication tools become more and more perfect and effective, it is ironic that in a crowd of a million people someone feels terribly lonely. In this groundbreaking work, Selimi takes readers on a less-travelled path to uncover the root causes of loneliness, explaining in simple, yet powerful terms how loneliness can affect our well being and how it is a deadly cancer; and finally proposing a roadmap to living a life of profound connectivity with self, others, and the world around us.

If there is a book that everyone needs to read in the area of personal development, it is #Loneliness: The Virus of the Modern Age by Tony Jeton Selimi, and the author's experiences will ring powerful bells in the minds of readers. There were many instances where I had to say, "Yes, I have been there. I can relate." The author combines years of research with personal experiences to deliver an eye-opening message the world has needed for a very long time. You'll look at yourself differently and develop a different approach to relationships --- both personal and professional. It is interesting to see how the author leads readers to the understanding that the way we connect with ourselves can be the secret to success in life and business. One powerful take away point: It's in moments of uncertainty and fear that we become easily manipulated. tonyselimi.com

Review 3: Review By Gisela Dixon Completed on:06/02/2016 Review Rating:5 stars! Download your free 5 Star Seal. Reviewed By Gisela Dixon for Readers' Favorite

#Loneliness: The Virus of The Modern Age by Tony Jeton Selimi is an inspiration non-fiction book on loneliness, interwoven with the author's own personal life experiences. #Loneliness starts off with Tony's own childhood and past experiences, including bouts with illness, abuse, and homelessness. From there, the book moves onto discussing in depth the modern plague of mankind -- loneliness - and how it can often derive from guilt or shame. In a world where technology and the need for independence moves people apart, the effects of feeling alone and isolated are only felt when it is sometimes too late. The book presents a comprehensive perspective of how inter-connectedness with people is vital to health and survival in humans. Without the sense of acceptance and belonging that comes with the knowledge that there are people in our world who care about us and whom we care about, the world is an empty place. The book is broken down into various chapters and delves into the areas of psychology, mentality, history, and spirituality, among others, to discuss loneliness, its causes, and its toxic effects. In the end, the book shows us that the need to belong and feel connected is a basic necessity of life.

#Loneliness: The Virus of The Modern Age by Tony Jeton Selimi is a very well-presented book. Tony's own personal life stories and experiences add an extra dimension that almost make this a part-memoir. More importantly, a book like this is necessary in today's increasingly isolated world where, although distances are shorter, human beings are less connected to their fellow humans than ever before. The devastating effects of loneliness are well explained and this can be a good self-help book for people struggling to find meaning in

their lives.

Review 4: Review By Ray Simmons Completed on:06/02/2016 Review Rating:5 stars! Download your free 5 Star Seal. Reviewed By Ray Simmons for Readers' Favorite

I have always thought that loneliness is just a natural part of the human condition. I never really considered it a virus or disease that there might be a cure for. Since reading *Loneliness: The Virus of the Modern Age*, I have had to rethink all of my ideas about loneliness, as well as many of my ideas about life. This is a very powerful book, written by a very smart, educated, and compassionate man. *Loneliness: The Virus of the Modern Age* is not only well written and logically structured, but also provides real techniques and advice which you can immediately put into practice for the improvement of all areas of your life. Tony J. Selimi has a vision and by sharing his knowledge he improves himself and the world.

Loneliness: The Virus of the Modern Age is easy to read, but at its core it is full of very lofty ideas and ideals. I like anything positive. I like ideas that help individuals and contribute to the betterment of mankind. We need this more than ever today and this book is a good example of how each of us can make a contribution, no matter what obstacles we have had to overcome. Tony J. Selimi talks about his own negative experiences and how he overcame them. Then he gives you practical advice based on his own experiences. I like this approach. I like this book. I think it will help a lot of people. The ALARM method and the eight facades are truly evolutionary teachings that can help you on the road to a better you.

Review 5: Review By Jamie Michele

Completed on:06/19/2016 Review Rating:4 stars. Reviewed By Jamie Michele for Readers' Favorite

#Loneliness: The Virus of the Modern Age by Tony Jeton Selimi begins with the memoirs of its author, born in the former, pre-war Yugoslavia. He shares an upbringing that encompasses everything we fear a child might experience, but pray they will not -- physical disabilities and sexual abuse. As a teenager, he is front and center during the war and subsequent dissolution of Yugoslavia, resulting in his emigration to the United Kingdom. After a rocky start inflamed by homelessness and financial difficulty, and an unfortunate marriage where an inner conflict of sexual identity rages, Selimi finds his feet and his voice, making a bold professional and personal move that alters everything. Readers are then versed in the scientific evolution of loneliness, a breakdown of how and what impacts it, and where we can make proactive, positive changes that not only help us individually, but have wide-reaching global impact.

When I first picked up *#Loneliness: The Virus of the Modern Age* by Tony Jeton Selimi, I was expecting little more than a run-of-the-mill self-help tutorial. I was thoroughly rewarded by what came next. First of all, Selimi's story is heartbreaking. It is powerful and poignant enough to be a stand-alone book, but is fundamental to the theories he presents afterward. The struggles and the situations he rises from -- which feel desperately hopeless -- lend to his credibility far more than any educational acronym found after the names of most self-help authors.

When the story is told, the subsequent theories are supported by facts and evidence, in addition to Selimi's applied knowledge. This is done with a clear desire to reach the reader on a human level, and feels more like a conversation with a friend. I recommend *#Loneliness: The Virus of the Modern Age* to anyone who has experienced any form of loneliness, has been sucked into "Facebook envy," or other feelings of unworthiness fueled by the artificial, manipulative world we find ourselves in today.

From the Author

"I believe every human being is worthy of love and with the right nurturing and education can unleash their

human potential. We are a product of Love, the energy that equally is a force for evil and immense destructions as well as the creative energy that brings to fruition the greatest creations in any civilisation. We are a creation of an intelligent design with innate wisdom on how to harness this immense power in ways that keep universal equilibrium. The many life adversities that I share throughout #Loneliness came through not knowing how to access and harness this power within me, the love, the life force that helped me heal my deepest wounds and put me on a path to serve an ever greater number of people.

Alongside our famous individualism which forces many people to live lonely, be lonely and seek retreats that offer solitude there is another ingredient in the human saga, a belief that we are connected as people in the universe, in our galaxy, as one nation, one body, one cell.

Its universal evolutionary and biological fact and a necessity that we are born alone and we die alone. We are all one Energy Stream, yet we think, feel, act and behave as we are not. What makes the separations we experience in ourselves and globally or distinguishes the differences among ourselves, is our perceptions, our individual perspective and our beliefs. We are unique in all of those, with this uniqueness also comes the burden of being alone, judged for who you are, rejected and uncared for as well as the bliss of being embraced as one of a kind experiencing joy, peace, love, freedom and connection.

Yet, despite this uniqueness and knowing, many people in the world experience loneliness. The truth is, loneliness is about as common of an issue in our society as the flue, smoking, drugs or alcohol. But, even though it is so common, addressing loneliness is not as most people are still under the illusion that loneliness is created by not having enough romantic love or friendships.

As long as people believe that loneliness is created by the facts of our situation, we won't ever be addressing the real cause of loneliness and the impact it has on our mental, emotional, and physical health.

Back in 2011, I made the decision to leave the corporate world behind and start my entrepreneurial journey and honour my hearts calling to change the lives of one billion people globally. Since then I have completed over 15,000 hours of coaching and healing, consulted many businesses, run many seminars, talks and workshops, and in the process helped thousands of people not only find the root cause of their loneliness but also overcome many personal, professional, business and spiritual challenges.

It is estimated that over 40% of us will feel the aching pangs of loneliness at some point in our lives. Yet despite how common loneliness is, few people are fully aware of the dramatic ways in which it impacts us.

I would like to share with you the top eight sources of loneliness that were common among all of the people and the businesses that I have helped that you may want to avoid, pay attention too and do something about so that that you change how you view this all-too-common but devastating psychological condition:

1. Head Full of Noise - When our mind is cluttered, noisy, and full with disempowering beliefs, it creates disempowered states of awareness that takes us deep down into the caves of solitude.
2. Poor Emotional Intelligence - Not knowing how to control your emotions can turn your greatest fears into experiences that leave you feeling hurt, isolated, and lonely.
3. Friendships based on a need and not on authenticity, depth and love. People feel lonely because they build friendships that are based on a need. The problem with this is that once this need disappears so does the once close friendship. We keep longing for the friendship that lives in the past and forget to remain in the present moment. .
4. Financial problems - Many people in the world are programed to believe that we live in a universe of "lack" and experience money issues. When someone goes through difficult financial times, their happiness, joy, and state of being suffers. Their behaviour changes, they withdraw, fear and loneliness takes over as

they start to disconnect from people and life itself.

5. Experiencing bullying, abuse and rejection by others - This type of loneliness comes from things like being lied to, being made fun of, bullied, being abandoned or rejected (by family, friends, work, religion, or society), being told abusive things like, "you're no good", or "we don't want you around." In these cases of verbal and psychological assaults, individuals develop defensive walls to protect themselves from this negative environment; often times shutting out both people that can help them as well as those that can harm them.

6. Being different from the norm and unable to fit in - Many people perceive themselves as if they are "a black pearl in a box of shining jewels." They feel like a misfit, someone who cannot fit in with the rest of the crowd. Very often there are feelings of wanting to be like everyone else, to be "normal" instead of standing out and being rejected because of it. In some cases, the desire may extend to being popular and well-liked, not only fitting in but being looked up to and admired.

7. Broken heart or missing someone- Not surprising, all of my clients have experienced the loneliness resulting from break up in a romantic relationship, loved ones passing away or just simply missing that special someone in their life. Sometimes when romantic relationships end, there is a feeling of intense loneliness, and this was especially the case for lonely individuals who experienced a break up with a person that they were still in love with. Within all of us is a desire to have special people close to us, and when that special someone is torn away from us, these intense feelings of loneliness can occur.

8. Living in a technological cocoon- advancements in technology also forced millions of people to use social networks as a way to hide their true identity, shame, and guilt from the fear of being judged, rejected and abandoned.

There are many conventional and unconventional treatments that are currently in place that you can use to address loneliness. In my latest book #Loneliness-The Virus of the Modern Age I share five key principles of TJS Evolutionary Method that I use daily to help my clients that you too can use not only to find the root cause of your loneliness but also how to immunize yourself against the loneliness virus that uncontrollably is spreading in the collective consciousness through social networks.

Clearly, loneliness represents a hugely important psychological injury and not one people should ignore. Therefore, I wrote this book to help people to take steps when they are lonely, and wherever possible pass on the wisdom learned to educate lonely people around them about the dangers of remaining lonely and the benefits of being connected in the ocean of oneness.

I wrote this book as a wake-up call for people to redefine themselves in the midst of adversity and chose to move forward in life with a blissful mind and a grateful heart. As a guide, light bulb, and a personal teacher for people who are willing to awaken to the interconnectivity of all life and are ready to recover pathways to deep love, empathy, universal truth, and wholeness. This is my heart's gift to the reader and humanity to help people breakthrough fears, shame, guilt, and apparent loneliness, the medium in which the poverty in our inner existence is cultivated and feeds our self-destructive nature. " Tony J Selimi

Human Behaviour and Cognition Expert, Award-winning Author, Speaker, Business Consultant who is known as The See-Through Coach tonyselimi.com

From the Back Cover

SO CONNECTED, YET DESPERATELY ALONE. We have become accustomed to a new way of being alone together in a technological cocoon that covers up our real pain. Our true essence is hidden behind facades that we show to the world from the fear of being judged, criticized, and rejected. This is what brings us out of a natural state of healthy balance, is the root cause of disease, and what creates the segregation experienced worldwide. #Loneliness is a global call for people to redefine themselves in the face of life's

greatest challenges. Comforting, moving, and spiritually practical, this book is a guide to help people break through their apparent loneliness, and shift them toward crowd-nurtured world peace and the next stage in our evolution."This masterpiece is a must-read book if you are yearning for a complete new way at looking, understanding, and loving the true nature of your essence." --DR TODORCHE STAMENOV"The worldview developed here transcends science, dogma, and belief, giving readers a new way to reconnect with their truth, hearts, and Divine within." --MIKE MARKOVSKI Self-Esteem Coach"Tony reveals how inner discord creates our deceptive loneliness, which is spontaneously appearing around the world in the form of war, illness, high divorce rates, financial crisis, and so much more. A life manual that shows us how to extract wisdom from every life adversity to become more balanced, mindful, and heart centered. " --LAURIE CAGNO Singer-Songwriter

#LONELINESS: THE VIRUS OF THE MODERN AGE BY TONY JETON SELIMI PDF

[Download: #LONELINESS: THE VIRUS OF THE MODERN AGE BY TONY JETON SELIMI PDF](#)

Is **#Loneliness: The Virus Of The Modern Age By Tony Jeton Selimi** publication your favourite reading? Is fictions? Just how's about past history? Or is the best vendor novel your option to fulfil your downtime? Or even the politic or religious books are you hunting for now? Here we go we provide **#Loneliness: The Virus Of The Modern Age By Tony Jeton Selimi** book collections that you need. Lots of numbers of publications from many industries are provided. From fictions to scientific research and spiritual can be searched and found out right here. You could not fret not to locate your referred book to review. This **#Loneliness: The Virus Of The Modern Age By Tony Jeton Selimi** is one of them.

But, just what's your matter not also liked reading *#Loneliness: The Virus Of The Modern Age By Tony Jeton Selimi* It is a great task that will certainly always give excellent benefits. Why you come to be so odd of it? Many points can be reasonable why people do not want to check out **#Loneliness: The Virus Of The Modern Age By Tony Jeton Selimi** It can be the dull activities, the book **#Loneliness: The Virus Of The Modern Age By Tony Jeton Selimi** compilations to read, also lazy to bring spaces almost everywhere. Now, for this **#Loneliness: The Virus Of The Modern Age By Tony Jeton Selimi**, you will certainly start to love reading. Why? Do you understand why? Read this page by finished.

Beginning with seeing this website, you have actually aimed to begin caring reading a publication **#Loneliness: The Virus Of The Modern Age By Tony Jeton Selimi** This is specialized website that sell hundreds compilations of books **#Loneliness: The Virus Of The Modern Age By Tony Jeton Selimi** from lots resources. So, you won't be bored more to choose guide. Besides, if you likewise have no time at all to search the book **#Loneliness: The Virus Of The Modern Age By Tony Jeton Selimi**, simply rest when you're in office as well as open up the web browser. You could locate this [#Loneliness: The Virus Of The Modern Age By Tony Jeton Selimi](#) lodge this web site by hooking up to the net.

#LONELINESS: THE VIRUS OF THE MODERN AGE BY TONY JETON SELIMI PDF

So connected, yet desperately alone.

We have become accustomed to a new way of being alone together in a technological cocoon that covers up our real pain. Our true essence is hidden behind facades that we show to the world from the fear of being judged, criticized, and rejected. This is what brings us out of a natural state of healthy balance, is the root cause of disease, and what creates the segregation experienced worldwide.

#Loneliness is a global call for people to redefine themselves in the face of life's greatest challenges. Comforting, moving, and spiritually practical, this book is a guide to help people break through their apparent loneliness, and shift them toward crowd-nurtured world peace and the next stage in our evolution.

“This masterpiece is a must-read book if you are yearning for a complete new way at looking, understanding, and loving the true nature of your essence.”

-Dr. Sc. Todorche Stamenov

“The worldview developed here transcends science, dogma, and belief, giving readers a new way to reconnect with their truth, hearts, and Divine within.”

-Mike Markovski, Self-Esteem Coach

“Tony reveals how inner discord creates our deceptive loneliness, which is spontaneously appearing around the world in the form of war, illness, high divorce rates, financial crisis, and so much more. A life manual that shows us how to extract wisdom from every life adversity to become more balanced, mindful, and heart centered. ”

-Laurie Cagno, Singer-Songwriter

- Sales Rank: #1849104 in Books
- Published on: 2016-01-07
- Released on: 2016-01-07
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .54" w x 6.00" l, .70 pounds
- Binding: Paperback
- 236 pages

Review

Review By Gemma Benton Completed on:06/11/2016 Review Rating:5 stars! Download your free 5 Star Seal. Reviewed By Gemma Benton for Readers' Favorite

#Loneliness: The Virus Of The Modern Age by Tony Selimi is the warm embrace a world suffering from a devastating epidemic of self-doubt, rejection, and loneliness desperately needs. From the first pages of his book, Tony Selimi assures his readers that they are indeed in the right place at the right time and, in fact, they are the cure to this epidemic of loneliness that threatens to cripple us all.

In #Loneliness: The Virus Of The Modern Age, bestselling, award-winning author and human behavior,

cognition and emotional intelligence expert Tony Selimi peels back the layers of his life and reveals the shame and guilt, repressed sexuality and fear he experienced as a homeless war refugee turned family man and high level corporate IT manager. In a moment that might have been predicted to be his cataclysmic failure, author Tony Selimi tells us how he found the courage to walk away from his already successful life and turn towards his most powerful inner truth. In a way that is intended to evoke our own transformational powers, Tony Selimi shares how he began the arduous journey of reclaiming his life and stepping into his destiny as a successful entrepreneur, highly acclaimed international speaker, and respected spiritual teacher and healer. Today he shares hope and hard-earned wisdom about loneliness and power with the world through the pages of #Loneliness: The Virus Of The Modern Age, his award-winning books, training, and programs.

Well written, thought provoking and deeply inspiring, #Loneliness: The Virus Of The Modern Age doesn't just tell us his phenomenal story of success and genuine happiness and leave us admiring his success and achievement, but informs us about the facts behind the epidemic of loneliness, and gently guides us with his five-step AWARE formula and power-filled "light bulb" moments to find the courage to reclaim our own health, wealth, and happiness. It's been said that to get better answers, we've got to learn how to ask better questions. In #Loneliness, Tony Selimi offers us not one, but many great questions. Questions like, "What can you do daily to activate your light and remain switched on?" dare us to not just survive loneliness, depression and anxiety, but to find the fire that ignites and transforms us.

Step by step, chapter by chapter, Tony Selimi challenges us not to just learn from and celebrate his journey from loneliness to greatness, but rather he offers a well crafted tool designed to empower and heal our lives so that we then can join efforts in creating an epidemic of hope and healing on the planet.

Review 2: Review By Romuald Dzemo Completed on:06/01/2016 Review Rating:5 stars! Download your free 5 Star Seal. Reviewed By Romuald Dzemo for Readers' Favorite

#Loneliness: The Virus of the Modern Age by Tony Jeton Selimi is a powerful and timely book that addresses one of the universal problems of our age, a problem that stares most of us in the face continually. In today's fast-paced culture and eclectic technological environment, it is easy to get absorbed in the tools of communication without actually grasping the essentials of connectivity. Loneliness becomes more and more of a grave concern for modern man and, at a time when communication tools become more and more perfect and effective, it is ironic that in a crowd of a million people someone feels terribly lonely. In this ground-breaking work, Selimi takes readers on a less-travelled path to uncover the root causes of loneliness, explaining in simple, yet powerful terms how loneliness can affect our well being and how it is a deadly cancer; and finally proposing a roadmap to living a life of profound connectivity with self, others, and the world around us.

If there is a book that everyone needs to read in the area of personal development, it is #Loneliness: The Virus of the Modern Age by Tony Jeton Selimi, and the author's experiences will ring powerful bells in the minds of readers. There were many instances where I had to say, "Yes, I have been there. I can relate." The author combines years of research with personal experiences to deliver an eye-opening message the world has needed for a very long time. You'll look at yourself differently and develop a different approach to relationships --- both personal and professional. It is interesting to see how the author leads readers to the understanding that the way we connect with ourselves can be the secret to success in life and business. One powerful take away point: It's in moments of uncertainty and fear that we become easily manipulated. tonyselimi.com

Review 3: Review By Gisela Dixon Completed on:06/02/2016 Review Rating:5 stars! Download your free 5

Star Seal. Reviewed By Gisela Dixon for Readers' Favorite

#Loneliness: The Virus of The Modern Age by Tony Jeton Selimi is an inspiration non-fiction book on loneliness, interwoven with the author's own personal life experiences. #Loneliness starts off with Tony's own childhood and past experiences, including bouts with illness, abuse, and homelessness. From there, the book moves onto discussing in depth the modern plague of mankind -- loneliness - and how it can often derive from guilt or shame. In a world where technology and the need for independence moves people apart, the effects of feeling alone and isolated are only felt when it is sometimes too late. The book presents a comprehensive perspective of how inter-connectedness with people is vital to health and survival in humans. Without the sense of acceptance and belonging that comes with the knowledge that there are people in our world who care about us and whom we care about, the world is an empty place. The book is broken down into various chapters and delves into the areas of psychology, mentality, history, and spirituality, among others, to discuss loneliness, its causes, and its toxic effects. In the end, the book shows us that the need to belong and feel connected is a basic necessity of life.

#Loneliness: The Virus of The Modern Age by Tony Jeton Selimi is a very well-presented book. Tony's own personal life stories and experiences add an extra dimension that almost make this a part-memoir. More importantly, a book like this is necessary in today's increasingly isolated world where, although distances are shorter, human beings are less connected to their fellow humans than ever before. The devastating effects of loneliness are well explained and this can be a good self-help book for people struggling to find meaning in their lives.

Review 4: Review By Ray Simmons Completed on:06/02/2016 Review Rating:5 stars! Download your free 5 Star Seal. Reviewed By Ray Simmons for Readers' Favorite

I have always thought that loneliness is just a natural part of the human condition. I never really considered it a virus or disease that there might be a cure for. Since reading Loneliness: The Virus of the Modern Age, I have had to rethink all of my ideas about loneliness, as well as many of my ideas about life. This is a very powerful book, written by a very smart, educated, and compassionate man. Loneliness: The Virus of the Modern Age is not only well written and logically structured, but also provides real techniques and advice which you can immediately put into practice for the improvement of all areas of your life. Tony J. Selimi has a vision and by sharing his knowledge he improves himself and the world.

Loneliness: The Virus of the Modern Age is easy to read, but at its core it is full of very lofty ideas and ideals. I like anything positive. I like ideas that help individuals and contribute to the betterment of mankind. We need this more than ever today and this book is a good example of how each of us can make a contribution, no matter what obstacles we have had to overcome. Tony J. Selimi talks about his own negative experiences and how he overcame them. Then he gives you practical advice based on his own experiences. I like this approach. I like this book. I think it will help a lot of people. The ALARM method and the eight facades are truly evolutionary teachings that can help you on the road to a better you.

Review 5: Review By Jamie Michele

Completed on:06/19/2016 Review Rating:4 stars. Reviewed By Jamie Michele for Readers' Favorite

#Loneliness: The Virus of the Modern Age by Tony Jeton Selimi begins with the memoirs of its author, born in the former, pre-war Yugoslavia. He shares an upbringing that encompasses everything we fear a child might experience, but pray they will not -- physical disabilities and sexual abuse. As a teenager, he is front and center during the war and subsequent dissolution of Yugoslavia, resulting in his emigration to the United Kingdom. After a rocky start inflamed by homelessness and financial difficulty, and an unfortunate marriage

where an inner conflict of sexual identity rages, Selimi finds his feet and his voice, making a bold professional and personal move that alters everything. Readers are then versed in the scientific evolution of loneliness, a breakdown of how and what impacts it, and where we can make proactive, positive changes that not only help us individually, but have wide-reaching global impact.

When I first picked up #Loneliness: The Virus of the Modern Age by Tony Jeton Selimi, I was expecting little more than a run-of-the-mill self-help tutorial. I was thoroughly rewarded by what came next. First of all, Selimi's story is heartbreaking. It is powerful and poignant enough to be a stand-alone book, but is fundamental to the theories he presents afterward. The struggles and the situations he rises from -- which feel desperately hopeless -- lend to his credibility far more than any educational acronym found after the names of most self-help authors.

When the story is told, the subsequent theories are supported by facts and evidence, in addition to Selimi's applied knowledge. This is done with a clear desire to reach the reader on a human level, and feels more like a conversation with a friend. I recommend #Loneliness: The Virus of the Modern Age to anyone who has experienced any form of loneliness, has been sucked into "Facebook envy," or other feelings of unworthiness fueled by the artificial, manipulative world we find ourselves in today.

From the Author

"I believe every human being is worthy of love and with the right nurturing and education can unleash their human potential. We are a product of Love, the energy that equally is a force for evil and immense destructions as well as the creative energy that brings to fruition the greatest creations in any civilisation. We are a creation of an intelligent design with innate wisdom on how to harness this immense power in ways that keep universal equilibrium. The many life adversities that I share throughout #Loneliness came through not knowing how to access and harness this power within me, the love, the life force that helped me heal my deepest wounds and put me on a path to serve an ever greater number of people.

Alongside our famous individualism which forces many people to live lonely, be lonely and seek retreats that offer solitude there is another ingredient in the human saga, a belief that we are connected as people in the universe, in our galaxy, as one nation, one body, one cell.

Its universal evolutionary and biological fact and a necessity that we are born alone and we die alone. We are all one Energy Stream, yet we think, feel, act and behave as we are not. What makes the separations we experience in ourselves and globally or distinguishes the differences among ourselves, is our perceptions, our individual perspective and our beliefs. We are unique in all of those, with this uniqueness also comes the burden of being alone, judged for who you are, rejected and uncared for as well as the bliss of being embraced as one of a kind experiencing joy, peace, love, freedom and connection.

Yet, despite this uniqueness and knowing, many people in the world experience loneliness. The truth is, loneliness is about as common of an issue in our society as the flue, smoking, drugs or alcohol. But, even though it is so common, addressing loneliness is not as most people are still under the illusion that loneliness is created by not having enough romantic love or friendships.

As long as people believe that loneliness is created by the facts of our situation, we won't ever be addressing the real cause of loneliness and the impact it has on our mental, emotional, and physical health.

Back in 2011, I made the decision to leave the corporate world behind and start my entrepreneurial journey and honour my hearts calling to change the lives of one billion people globally. Since then I have completed over 15,000 hours of coaching and healing, consulted many businesses, run many seminars, talks and

workshops, and in the process helped thousands of people not only find the root cause of their loneliness but also overcome many personal, professional, business and spiritual challenges.

It is estimated that over 40% of us will feel the aching pangs of loneliness at some point in our lives. Yet despite how common loneliness is, few people are fully aware of the dramatic ways in which it impacts us.

I would like to share with you the top eight sources of loneliness that were common among all of the people and the businesses that I have helped that you may want to avoid, pay attention too and do something about so that that you change how you view this all-too-common but devastating psychological condition:

1. Head Full of Noise - When our mind is cluttered, noisy, and full with disempowering beliefs, it creates disempowered states of awareness that takes us deep down into the caves of solitude.
2. Poor Emotional Intelligence - Not knowing how to control your emotions can turn your greatest fears into experiences that leave you feeling hurt, isolated, and lonely.
3. Friendships based on a need and not on authenticity, depth and love. People feel lonely because they build friendships that are based on a need. The problem with this is that once this need disappears so does the once close friendship. We keep longing for the friendship that lives in the past and forget to remain in the present moment. .
4. Financial problems - Many people in the world are programmed to believe that we live in a universe of "lack" and experience money issues. When someone goes through difficult financial times, their happiness, joy, and state of being suffers. Their behaviour changes, they withdraw, fear and loneliness takes over as they start to disconnect from people and life itself.
5. Experiencing bullying, abuse and rejection by others - This type of loneliness comes from things like being lied to, being made fun of, bullied, being abandoned or rejected (by family, friends, work, religion, or society), being told abusive things like, "you're no good", or "we don't want you around." In these cases of verbal and psychological assaults, individuals develop defensive walls to protect themselves from this negative environment; often times shutting out both people that can help them as well as those that can harm them.
6. Being different from the norm and unable to fit in - Many people perceive themselves as if they are "a black pearl in a box of shining jewels." They feel like a misfit, someone who cannot fit in with the rest of the crowd. Very often there are feelings of wanting to be like everyone else, to be "normal" instead of standing out and being rejected because of it. In some cases, the desire may extend to being popular and well-liked, not only fitting in but being looked up to and admired.
7. Broken heart or missing someone- Not surprising, all of my clients have experienced the loneliness resulting from break up in a romantic relationship, loved ones passing away or just simply missing that special someone in their life. Sometimes when romantic relationships end, there is a feeling of intense loneliness, and this was especially the case for lonely individuals who experienced a break up with a person that they were still in love with. Within all of us is a desire to have special people close to us, and when that special someone is torn away from us, these intense feelings of loneliness can occur.
8. Living in a technological cocoon- advancements in technology also forced millions of people to use social networks as a way to hide their true identity, shame, and guilt from the fear of being judged, rejected and abandoned.

There are many conventional and unconventional treatments that are currently in place that you can use to address loneliness. In my latest book [#Loneliness-The Virus of the Modern Age](#) I share five key principles of TJS Evolutionary Method that I use daily to help my clients that you too can use not only to find the root cause of your loneliness but also how to immunize yourself against the loneliness virus that uncontrollably is spreading in the collective consciousness through social networks.

Clearly, loneliness represents a hugely important psychological injury and not one people should ignore.

Therefore, I wrote this book to help people to take steps when they are lonely, and wherever possible pass on the wisdom learned to educate lonely people around them about the dangers of remaining lonely and the benefits of being connected in the ocean of oneness.

I wrote this book as a wake-up call for people to redefine themselves in the midst of adversity and chose to move forward in life with a blissful mind and a grateful heart. As a guide, light bulb, and a personal teacher for people who are willing to awaken to the interconnectivity of all life and are ready to recover pathways to deep love, empathy, universal truth, and wholeness. This is my heart's gift to the reader and humanity to help people breakthrough fears, shame, guilt, and apparent loneliness, the medium in which the poverty in our inner existence is cultivated and feeds our self-destructive nature. " Tony J Selimi

Human Behaviour and Cognition Expert, Award-winning Author, Speaker, Business Consultant who is known as The See-Through Coach tonyselimi.com

From the Back Cover

SO CONNECTED, YET DESPERATELY ALONE. We have become accustomed to a new way of being alone together in a technological cocoon that covers up our real pain. Our true essence is hidden behind facades that we show to the world from the fear of being judged, criticized, and rejected. This is what brings us out of a natural state of healthy balance, is the root cause of disease, and what creates the segregation experienced worldwide. #Loneliness is a global call for people to redefine themselves in the face of life's greatest challenges. Comforting, moving, and spiritually practical, this book is a guide to help people breakthrough their apparent loneliness, and shift them toward crowd-nurtured world peace and the next stage in our evolution. "This masterpiece is a must-read book if you are yearning for a complete new way at looking, understanding, and loving the true nature of your essence." --DR TODORCHE STAMENOV "The worldview developed here transcends science, dogma, and belief, giving readers a new way to reconnect with their truth, hearts, and Divine within." --MIKE MARKOVSKI Self-Esteem Coach "Tony reveals how inner discord creates our deceptive loneliness, which is spontaneously appearing around the world in the form of war, illness, high divorce rates, financial crisis, and so much more. A life manual that shows us how to extract wisdom from every life adversity to become more balanced, mindful, and heart centered. " --LAURIE CAGNO Singer-Songwriter

Most helpful customer reviews

2 of 2 people found the following review helpful.

PACKED IN THESE PAGES IS A COMFORTING, REASSURING 'BLANKET'

By M. Leal

Prepare to be moved by the beginning of this book, as you follow the author's own harrowing account of loneliness, even when with people. All who are ahead of their time on this planet, who have greater breadth and depth of insight and wisdom, will understand the journey he has faced, slightly outside the loop of acceptance and 'normality'. His harrowing, personal accounts display deep sensitivity, knowledge and experience of a superman, in order to accept, handle and overcome his problems AND provide a platform for helping others. Most people would have sunk; he chose to soar.

There are eye-opening accounts of how loneliness can be responsible for much that is wrong in our world and, even more importantly, with each of us, for that is where true change starts, though we may not recognise it initially as such. This book will make you look clinically at yourself and assess why things may not be as you would wish. Hashtag Loneliness is a metaphorical companion, a lifelong friend, to highlight new areas of self discovery in seeing some of those literary situations in ourselves; we are shown how to handle and overcome them. Tony Selimi, the author, is unquestionably gifted in his innate abilities to heal and to put people's lives back together so they can also fly, and his international experience in successful

coaching is formidable. If you are lonely, packed in these pages is a comforting, reassuring 'blanket' - just for you. It comes through greater self awareness, then acceptance and finally, growth and development. The 'threads' the author has used so skilfully and gently, are of patience and love.

I recommend this book as an antidote to a seemingly cold world, as a way of warming up our own, personal environment, as we encourage others to do the same. Everyone should read Hashtag Loneliness not just as an insurance policy against personal loneliness, but also as a reminder that we should also reach out to others. Most of all, Tony Selimi's latest book will lift your spirits to the stratosphere, where they belong, and help you to keep them at that level. Your entire family should read this book.

1 of 1 people found the following review helpful.

they consequences of this mind-set has led many to develop poor self-image and their ability to connect to others #Loneliness ..

By Jennifer Quamina

Loneliness is a topic nobody wants to admit to because, many believe in the era of mass social media, they question how anyone can be lonely, when with a click of a button, one can communicate with another person half way round the world; nevertheless, social media, family breakdown, an unsteady world economy and unfulfilling personal relationships have left many still feeling isolated and alone.

Tony Selimi has tapped into an unspoken area of life and has analysed the many causes of loneliness. His book also gives practical solutions on how you can overcome your own battles with loneliness.

The initial chapters of the book reveal a heart wrenching biography of Tony's personal struggles with loneliness, which ultimately led him to face up to his challenges.

Tony believes that loneliness is a side effect of much deeper problems – perpetrated by an unbalanced mind that perceives a loss of contact with our true essence, he talks about the lack of self-recognition which leads many to feel that they cannot live up to other people standards of self-worth, they consequences of this mind-set has led many to develop poor self-image and their ability to connect to others

#Loneliness is about reflection, with an emphasis, that holding on to façades or masks can be detrimental to our mental and general health. The masks trap us, and prevent others from getting close us. When these masks are released, we allow our hearts to truly open up, to real friendships and deep loving relationships

1 of 1 people found the following review helpful.

A beautiful, heart-warming book that envelopes you in kindness and wisdom about tackling loneliness

By Ali Stewart

Anyone searching for meaning in their lives needs to read this book. It is written with charm, candour, warmth and compassion for the human race. It also highlights the dangers of failing to face up to loneliness as a growing human condition which could threaten the very existence of mankind. More than this, Tony shares how to go about preventing this fateful outcome by addressing for yourself any loneliness and separation that resides in you. Whether you deliberately choose to separate yourself from others, or feel totally alone and perhaps in fear when you are with others, he leads you lovingly to a place of enquiry, to a better life, helping you to make to the toughest choices with grace, no matter what your current situation. He does this having learnt the hard way, candidly sharing the story of his distressing childhood, which could easily have led him to being angry at the world and a very different outcome. Instead he found the way to the greatest sense of love, connectedness and gratitude, and by shining the light, he beautifully leads you to do the same.

See all 7 customer reviews...

#LONELINESS: THE VIRUS OF THE MODERN AGE BY TONY JETON SELIMI PDF

Get the link to download this **#Loneliness: The Virus Of The Modern Age By Tony Jeton Selimi** as well as begin downloading and install. You could desire the download soft file of the book **#Loneliness: The Virus Of The Modern Age By Tony Jeton Selimi** by undergoing various other tasks. Which's all done. Now, your rely on review a book is not constantly taking and also carrying guide **#Loneliness: The Virus Of The Modern Age By Tony Jeton Selimi** everywhere you go. You could conserve the soft file in your gadget that will certainly never be far away and read it as you such as. It resembles reading story tale from your gizmo after that. Now, start to enjoy reading **#Loneliness: The Virus Of The Modern Age By Tony Jeton Selimi** and also obtain your new life!

Review

Review By Gemma Benton Completed on:06/11/2016 Review Rating:5 stars! Download your free 5 Star Seal. Reviewed By Gemma Benton for Readers' Favorite

#Loneliness: The Virus Of The Modern Age by Tony Selimi is the warm embrace a world suffering from a devastating epidemic of self-doubt, rejection, and loneliness desperately needs. From the first pages of his book, Tony Selimi assures his readers that they are indeed in the right place at the right time and, in fact, they are the cure to this epidemic of loneliness that threatens to cripple us all.

In **#Loneliness: The Virus Of The Modern Age**, bestselling, award-winning author and human behavior, cognition and emotional intelligence expert Tony Selimi peels back the layers of his life and reveals the shame and guilt, repressed sexuality and fear he experienced as a homeless war refugee turned family man and high level corporate IT manager. In a moment that might have been predicted to be his cataclysmic failure, author Tony Selimi tells us how he found the courage to walk away from his already successful life and turn towards his most powerful inner truth. In a way that is intended to evoke our own transformational powers, Tony Selimi shares how he began the arduous journey of reclaiming his life and stepping into his destiny as a successful entrepreneur, highly acclaimed international speaker, and respected spiritual teacher and healer. Today he shares hope and hard-earned wisdom about loneliness and power with the world through the pages of **#Loneliness: The Virus Of The Modern Age**, his award-winning books, training, and programs.

Well written, thought provoking and deeply inspiring, **#Loneliness: The Virus Of The Modern Age** doesn't just tell us his phenomenal story of success and genuine happiness and leave us admiring his success and achievement, but informs us about the facts behind the epidemic of loneliness, and gently guides us with his five-step AWARE formula and power-filled "light bulb" moments to find the courage to reclaim our own health, wealth, and happiness. It's been said that to get better answers, we've got to learn how to ask better questions. In **#Loneliness**, Tony Selimi offers us not one, but many great questions. Questions like, "What can you do daily to activate your light and remain switched on?" dare us to not just survive loneliness, depression and anxiety, but to find the fire that ignites and transforms us.

Step by step, chapter by chapter, Tony Selimi challenges us not to just learn from and celebrate his journey from loneliness to greatness, but rather he offers a well crafted tool designed to empower and heal our lives so that we then can join efforts in creating an epidemic of hope and healing on the planet.

Review 2: Review By Romuald Dzemo Completed on:06/01/2016 Review Rating:5 stars! Download your free 5 Star Seal. Reviewed By Romuald Dzemo for Readers' Favorite

#Loneliness: The Virus of the Modern Age by Tony Jeton Selimi is a powerful and timely book that addresses one of the universal problems of our age, a problem that stares most of us in the face continually. In today's fast-paced culture and eclectic technological environment, it is easy to get absorbed in the tools of communication without actually grasping the essentials of connectivity. Loneliness becomes more and more of a grave concern for modern man and, at a time when communication tools become more and more perfect and effective, it is ironic that in a crowd of a million people someone feels terribly lonely. In this groundbreaking work, Selimi takes readers on a less-travelled path to uncover the root causes of loneliness, explaining in simple, yet powerful terms how loneliness can affect our well being and how it is a deadly cancer; and finally proposing a roadmap to living a life of profound connectivity with self, others, and the world around us.

If there is a book that everyone needs to read in the area of personal development, it is #Loneliness: The Virus of the Modern Age by Tony Jeton Selimi, and the author's experiences will ring powerful bells in the minds of readers. There were many instances where I had to say, "Yes, I have been there. I can relate." The author combines years of research with personal experiences to deliver an eye-opening message the world has needed for a very long time. You'll look at yourself differently and develop a different approach to relationships --- both personal and professional. It is interesting to see how the author leads readers to the understanding that the way we connect with ourselves can be the secret to success in life and business. One powerful take away point: It's in moments of uncertainty and fear that we become easily manipulated. tonyselimi.com

Review 3: Review By Gisela Dixon Completed on:06/02/2016 Review Rating:5 stars! Download your free 5 Star Seal. Reviewed By Gisela Dixon for Readers' Favorite

#Loneliness: The Virus of The Modern Age by Tony Jeton Selimi is an inspiration non-fiction book on loneliness, interwoven with the author's own personal life experiences. #Loneliness starts off with Tony's own childhood and past experiences, including bouts with illness, abuse, and homelessness. From there, the book moves onto discussing in depth the modern plague of mankind -- loneliness - and how it can often derive from guilt or shame. In a world where technology and the need for independence moves people apart, the effects of feeling alone and isolated are only felt when it is sometimes too late. The book presents a comprehensive perspective of how inter-connectedness with people is vital to health and survival in humans. Without the sense of acceptance and belonging that comes with the knowledge that there are people in our world who care about us and whom we care about, the world is an empty place. The book is broken down into various chapters and delves into the areas of psychology, mentality, history, and spirituality, among others, to discuss loneliness, its causes, and its toxic effects. In the end, the book shows us that the need to belong and feel connected is a basic necessity of life.

#Loneliness: The Virus of The Modern Age by Tony Jeton Selimi is a very well-presented book. Tony's own personal life stories and experiences add an extra dimension that almost make this a part-memoir. More importantly, a book like this is necessary in today's increasingly isolated world where, although distances are shorter, human beings are less connected to their fellow humans than ever before. The devastating effects of loneliness are well explained and this can be a good self-help book for people struggling to find meaning in their lives.

Review 4: Review By Ray Simmons Completed on:06/02/2016 Review Rating:5 stars! Download your free 5 Star Seal. Reviewed By Ray Simmons for Readers' Favorite

I have always thought that loneliness is just a natural part of the human condition. I never really considered it a virus or disease that there might be a cure for. Since reading *Loneliness: The Virus of the Modern Age*, I have had to rethink all of my ideas about loneliness, as well as many of my ideas about life. This is a very powerful book, written by a very smart, educated, and compassionate man. *Loneliness: The Virus of the Modern Age* is not only well written and logically structured, but also provides real techniques and advice which you can immediately put into practice for the improvement of all areas of your life. Tony J. Selimi has a vision and by sharing his knowledge he improves himself and the world.

Loneliness: The Virus of the Modern Age is easy to read, but at its core it is full of very lofty ideas and ideals. I like anything positive. I like ideas that help individuals and contribute to the betterment of mankind. We need this more than ever today and this book is a good example of how each of us can make a contribution, no matter what obstacles we have had to overcome. Tony J. Selimi talks about his own negative experiences and how he overcame them. Then he gives you practical advice based on his own experiences. I like this approach. I like this book. I think it will help a lot of people. The ALARM method and the eight facades are truly evolutionary teachings that can help you on the road to a better you.

Review 5: Review By Jamie Michele

Completed on:06/19/2016 Review Rating:4 stars. Reviewed By Jamie Michele for Readers' Favorite

Loneliness: The Virus of the Modern Age by Tony Jeton Selimi begins with the memoirs of its author, born in the former, pre-war Yugoslavia. He shares an upbringing that encompasses everything we fear a child might experience, but pray they will not -- physical disabilities and sexual abuse. As a teenager, he is front and center during the war and subsequent dissolution of Yugoslavia, resulting in his emigration to the United Kingdom. After a rocky start inflamed by homelessness and financial difficulty, and an unfortunate marriage where an inner conflict of sexual identity rages, Selimi finds his feet and his voice, making a bold professional and personal move that alters everything. Readers are then versed in the scientific evolution of loneliness, a breakdown of how and what impacts it, and where we can make proactive, positive changes that not only help us individually, but have wide-reaching global impact.

When I first picked up *Loneliness: The Virus of the Modern Age* by Tony Jeton Selimi, I was expecting little more than a run-of-the-mill self-help tutorial. I was thoroughly rewarded by what came next. First of all, Selimi's story is heartbreaking. It is powerful and poignant enough to be a stand-alone book, but is fundamental to the theories he presents afterward. The struggles and the situations he rises from -- which feel desperately hopeless -- lend to his credibility far more than any educational acronym found after the names of most self-help authors.

When the story is told, the subsequent theories are supported by facts and evidence, in addition to Selimi's applied knowledge. This is done with a clear desire to reach the reader on a human level, and feels more like a conversation with a friend. I recommend *Loneliness: The Virus of the Modern Age* to anyone who has experienced any form of loneliness, has been sucked into "Facebook envy," or other feelings of unworthiness fueled by the artificial, manipulative world we find ourselves in today.

From the Author

"I believe every human being is worthy of love and with the right nurturing and education can unleash their human potential. We are a product of Love, the energy that equally is a force for evil and immense destructions as well as the creative energy that brings to fruition the greatest creations in any civilisation. We are a creation of an intelligent design with innate wisdom on how to harness this immense power in ways that keep universal equilibrium. The many life adversities that I share throughout *Loneliness* came through not knowing how to access and harness this power within me, the love, the life force that helped me heal my

deepest wounds and put me on a path to serve an ever greater number of people.

Alongside our famous individualism which forces many people to live lonely, be lonely and seek retreats that offer solitude there is another ingredient in the human saga, a belief that we are connected as people in the universe, in our galaxy, as one nation, one body, one cell.

Its universal evolutionary and biological fact and a necessity that we are born alone and we die alone. We are all one Energy Stream, yet we think, feel, act and behave as we are not. What makes the separations we experience in ourselves and globally or distinguishes the differences among ourselves, is our perceptions, our individual perspective and our beliefs. We are unique in all of those, with this uniqueness also comes the burden of being alone, judged for who you are, rejected and uncared for as well as the bliss of being embraced as one of a kind experiencing joy, peace, love, freedom and connection.

Yet, despite this uniqueness and knowing, many people in the world experience loneliness. The truth is, loneliness is about as common of an issue in our society as the flue, smoking, drugs or alcohol. But, even though it is so common, addressing loneliness is not as most people are still under the illusion that loneliness is created by not having enough romantic love or friendships.

As long as people believe that loneliness is created by the facts of our situation, we won't ever be addressing the real cause of loneliness and the impact it has on our mental, emotional, and physical health.

Back in 2011, I made the decision to leave the corporate world behind and start my entrepreneurial journey and honour my hearts calling to change the lives of one billion people globally. Since then I have completed over 15,000 hours of coaching and healing, consulted many businesses, run many seminars, talks and workshops, and in the process helped thousands of people not only find the root cause of their loneliness but also overcome many personal, professional, business and spiritual challenges.

It is estimated that over 40% of us will feel the aching pangs of loneliness at some point in our lives. Yet despite how common loneliness is, few people are fully aware of the dramatic ways in which it impacts us. I would like to share with you the top eight sources of loneliness that were common among all of the people and the businesses that I have helped that you may want to avoid, pay attention too and do something about so that that you change how you view this all-too-common but devastating psychological condition:

1. Head Full of Noise - When our mind is cluttered, noisy, and full with disempowering beliefs, it creates disempowered states of awareness that takes us deep down into the caves of solitude.
2. Poor Emotional Intelligence - Not knowing how to control your emotions can turn your greatest fears into experiences that leave you feeling hurt, isolated, and lonely.
3. Friendships based on a need and not on authenticity, depth and love. People feel lonely because they build friendships that are based on a need. The problem with this is that once this need disappears so does the once close friendship. We keep longing for the friendship that lives in the past and forget to remain in the present moment. .
4. Financial problems - Many people in the world are programed to believe that we live in a universe of "lack" and experience money issues. When someone goes through difficult financial times, their happiness, joy, and state of being suffers. Their behaviour changes, they withdraw, fear and loneliness takes over as they start to disconnect from people and life itself.
5. Experiencing bullying, abuse and rejection by others - This type of loneliness comes from things like being lied to, being made fun of, bullied, being abandoned or rejected (by family, friends, work, religion, or society), being told abusive things like, "you're no good", or "we don't want you around." In these cases of verbal and psychological assaults, individuals develop defensive walls to protect themselves from this

negative environment; often times shutting out both people that can help them as well as those that can harm them.

6. Being different from the norm and unable to fit in - Many people perceive themselves as if they are "a black pearl in a box of shining jewels." They feel like a misfit, someone who cannot fit in with the rest of the crowd. Very often there are feelings of wanting to be like everyone else, to be "normal" instead of standing out and being rejected because of it. In some cases, the desire may extend to being popular and well-liked, not only fitting in but being looked up to and admired.

7. Broken heart or missing someone- Not surprising, all of my clients have experienced the loneliness resulting from break up in a romantic relationship, loved ones passing away or just simply missing that special someone in their life. Sometimes when romantic relationships end, there is a feeling of intense loneliness, and this was especially the case for lonely individuals who experienced a break up with a person that they were still in love with. Within all of us is a desire to have special people close to us, and when that special someone is torn away from us, these intense feelings of loneliness can occur.

8. Living in a technological cocoon- advancements in technology also forced millions of people to use social networks as a way to hide their true identity, shame, and guilt from the fear of being judged, rejected and abandoned.

There are many conventional and unconventional treatments that are currently in place that you can use to address loneliness. In my latest book #Loneliness-The Virus of the Modern Age I share five key principles of TJS Evolutionary Method that I use daily to help my clients that you too can use not only to find the root cause of your loneliness but also how to immunize yourself against the loneliness virus that uncontrollably is spreading in the collective consciousness through social networks.

Clearly, loneliness represents a hugely important psychological injury and not one people should ignore. Therefore, I wrote this book to help people to take steps when they are lonely, and wherever possible pass on the wisdom learned to educate lonely people around them about the dangers of remaining lonely and the benefits of being connected in the ocean of oneness.

I wrote this book as a wake-up call for people to redefine themselves in the midst of adversity and chose to move forward in life with a blissful mind and a grateful heart. As a guide, light bulb, and a personal teacher for people who are willing to awaken to the interconnectivity of all life and are ready to recover pathways to deep love, empathy, universal truth, and wholeness. This is my heart's gift to the reader and humanity to help people breakthrough fears, shame, guilt, and apparent loneliness, the medium in which the poverty in our inner existence is cultivated and feeds our self-destructive nature. " Tony J Selimi

Human Behaviour and Cognition Expert, Award-winning Author, Speaker, Business Consultant who is known as The See-Through Coach tonyselimi.com

From the Back Cover

SO CONNECTED, YET DESPERATELY ALONE. We have become accustomed to a new way of being alone together in a technological cocoon that covers up our real pain. Our true essence is hidden behind facades that we show to the world from the fear of being judged, criticized, and rejected. This is what brings us out of a natural state of healthy balance, is the root cause of disease, and what creates the segregation experienced worldwide. #Loneliness is a global call for people to redefine themselves in the face of life's greatest challenges. Comforting, moving, and spiritually practical, this book is a guide to help people breakthrough their apparent loneliness, and shift them toward crowd-nurtured world peace and the next stage in our evolution."This masterpiece is a must-read book if you are yearning for a complete new way at looking, understanding, and loving the true nature of your essence." --DR TODORCHE STAMENOV"The worldview developed here transcends science, dogma, and belief, giving readers a new way to reconnect

with their truth, hearts, and Divine within." --MIKE MARKOVSKI Self-Esteem Coach"Tony reveals how inner discord creates our deceptive loneliness, which is spontaneously appearing around the world in the form of war, illness, high divorce rates, financial crisis, and so much more. A life manual that shows us how to extract wisdom from every life adversity to become more balanced, mindful, and heart centered. " -- LAURIE CAGNO Singer-Songwriter

Understanding the method how to get this book #Loneliness: The Virus Of The Modern Age By Tony Jeton Selimi is also useful. You have remained in best site to start getting this information. Get the #Loneliness: The Virus Of The Modern Age By Tony Jeton Selimi web link that we offer right here as well as visit the web link. You can get guide #Loneliness: The Virus Of The Modern Age By Tony Jeton Selimi or get it as soon as feasible. You could quickly download this [#Loneliness: The Virus Of The Modern Age By Tony Jeton Selimi](#) after getting bargain. So, when you need guide promptly, you can directly get it. It's so easy and so fats, right? You have to prefer to in this manner.