

Loneliness – the hidden epidemic



Dr. Christine Brähler **New Paths Out of Loneliness**

[Neue Wege aus der Einsamkeit]
Finding more connection through self-empathy

Irisiana
224 pages
Format 13,5 x 21,5 cm
April 2020

Dr. Christine Brähler is clinical psychologist and psychotherapist. She holds Master and Doctorate degrees from the University of Edinburgh and is a Honorary Lecturer at the University of Glasgow. As one of the first psychologists in Europe she has been teaching self-compassion since 2008. She is a Mindful Self-Compassion (MSC) teacher trainer and gives MSC intensives, MSC teacher trainings and workshops on novel aspects of self-compassion internationally.

In this novel self-help book, Dr. Christine Brähler introduces self-compassion as a new antidote to the growing epidemic of loneliness in our society. Everyone can be affected by loneliness. Young adults and the aged. Those struggling with loneliness are usually advised to socialize more, to join clubs, to pursue new hobbies or to volunteer in their community.

Dr. Brähler, a clinical psychologist, approaches the topic from a different angle: instead of looking for external solutions she guides us to start within ourselves.

By meeting one's own sadness, sense of abandonment, and vulnerability with compassion, we can develop a more intimate and loving connection with ourselves. From a place of self-kindness and self-appreciation we might learn to savour solitude and to build truly nourishing relationships.

- Novel "inside out" approach to loneliness
- Self-help book for those affected and their loved ones
- With practical exercises for self-knowledge and for transforming challenging emotions through self-compassion
- Key insights, invaluable tips, and practical exercises about this pressing topic – all in one book

Press

"Christine Brähler shows how self-compassion can help alleviate loneliness – and that there is no good reason to be ashamed of feeling lonely." *Deutschlandfunk Nova*

"A practical guide that will help promote confidence and liberate oneself from internal isolation." *Visionen*

"For those who have the courage to approach themselves in a more caring way, this is a good introduction to the subject."
Radio ZuSa