



Stop Being Lonely: Three Simple Steps to Developing Close Friendships and Deep Relationships

By Kira Asatryan



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Loneliness Has an Antidote: The Feeling of Closeness

Loneliness isn't something that happens only when we are physically alone. It can also happen when we are with people. Online friends, followers, or "likers" don't necessarily add up to much when you crave fulfilling interaction, and satisfying, long-term relationships are not a mystery to be left up to chance (or technology). The good news is that, according to relationship coach Kira Asatryan, loneliness has a reliable antidote: the feeling of closeness. We can and should cultivate closeness in our relationships using the steps outlined in this book: knowing, caring, and mastering closeness.

Whether with romantic partners, friends, family members, or business colleagues, these techniques will help you establish true closeness with others. The simple and straightforward actions Asatryan presents in this wonderfully practical book will guide you toward better relationships and less loneliness in all social contexts.

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Editorial Review

Review

“Kira Asatryan takes you on a step-by-step journey back to where you were meant to be: to the feeling of closeness.”

— **Dr. Wendy Walsh, CNN’s human behavior expert and former cohost of *The Doctors***

“Loneliness is a big struggle for many. In her new book, Kira Asatryan provides us a simple yet brilliant fix.”

— **Dr. Charles J. Sophy, medical director for the County of Los Angeles Department of Children and Family Services**

“Kira Asatryan’s new book guides us with practical advice and simple steps to build fulfilling, deep connections in all areas of our lives.”

— **Christine Hassler, speaker, coach, and bestselling author of *Expectation Hangover***

“One of the most valuable books I’ve ever read...I recommend you get one copy for yourself and another for a friend or family member.”

— **Jed Diamond, PhD, author of *The Irritable Male Syndrome***

“An absolute must-read for anyone wishing to deepen the quality of their relationships and their life in general.”

— **Linda Bloom, LCSW, coauthor of *101 Things I Wish I Knew When I Got Married***

“An accessible, soulful, and wise book about making and deepening real connections with the people in your life, including yourself...Highly recommended.”

— **Susan Raeburn, PhD, clinical psychologist and coauthor of *Creative Recovery***

About the Author

Kira Asatryan is a certified relationship coach who provides individual life coaching, relationship coaching, conflict mediation, and couples’ coaching. She lives in San Francisco.

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