



## True Belonging: Mindful Practices to Help You Overcome Loneliness, Connect with Others & Cultivate Happiness

By Jeffrey Brantley, Wendy Millstine

New Harbinger Publications. Paperback / softback. Book Condition: new. BRAND NEW, True Belonging: Mindful Practices to Help You Overcome Loneliness, Connect with Others & Cultivate Happiness, Jeffrey Brantley, Wendy Millstine, When was the last time you experienced authentic connections with others, truly felt that you belonged, and were surrounded by people who really understood you? Even though many of us experience the power of deep connection much less often than we would like, this sense of true belonging is always available to us, regardless of our outside circumstances. You can reduce feelings of alienation, isolation, and loneliness by simply "choosing" to foster feelings of unity and connectedness. This book will show you how. "True Belonging" offers over thirty reflective practices that will help you explore your interdependence with all living things, treat yourself more kindly, and create richer connections with others. Each practice will help you build a deeper-felt sense of belonging in all of your relationships. Using mindfulness and meditation, you can find true connection with others and greater compassion toward yourself.



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