



# Loneliness In Different Stages Of Life: Loneliness In Childhood, Adolescence, Adulthood And Old Age.

*Denis Dralyuk, Ani Valentinova*

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Loneliness is a common condition in modern times and many people complain that they feel unhappy because they consider it a cruel fate. However, this is really just their choice. Money, fame and their hobby can satisfy them, but true happiness is children, family and closest friends.

We are all social creatures and we need other people around us, so most of us feel terribly lonely when there is no communication. However, sometimes we are lonely, even when we are surrounded by colleagues or members of our family. Why? Because we decide to feel so. This choice is mostly on a subconscious level, and we do not realize why. Let's try to understand why we feel so lonely in my life.

Itself loneliness is the normal sense in us – we are born, live and die alone. And the only person with whom we spent his entire life is ourselves. And this is wonderful, because it gives us a chance to know each other and share yourself with people who have chosen.

In every stage of life a person can feel lonely. As a child, young person or mature aging. Loneliness is always unpleasant and depressing, but it is largely a matter of personal choice. And everyone can find the strength to overcome it. For the purpose of the first place you need just a little faith and optimism, and sometimes - a little support from family or friends. Or to find any, if you do not have... And everything is changed, life is wonderful, and loneliness disappears forever.

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#### **Charity Reulet:**

Spent a free time for you to be fun activity to perform! A lot of people spent their leisure time with their family, or all their friends. Usually they carrying out activity like watching television, about to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your current free time/ holiday? Can be reading a book can be option to fill your cost-free time/ holiday. The first thing you ask may be what kinds of book that you should read. If you want to try out look for book, may be the e-book untitled Loneliness In Different Stages Of Life: Loneliness In Childhood, Adolescence, Adulthood And Old Age. can be good book to read. May be it may be best activity to you.

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