

# #Loneliness: Award-Winning Book Immunizes Against 'Virus' of Modern Age, Connecting Readers to their Hearts Infinite Wisdom

*Meticulously researched and written by Tony Jeton Selimi, #Loneliness explores the fierce scientific, psychological and spiritual impact of loneliness epidemic.*

LONDON, GREATER LONDON, UNITED KINGDOM, December 23, 2016 /EINPresswire.com/ -- In a world where communication is instant, where billions of people can interact at just a moment's notice, it will come as a shock to many to learn that loneliness is a an epidemic more rampant and destructive that at any point in history. In fact, almost everyone faces adversity from loneliness that causes them some degree of depression, anxiety or diminished self-esteem.

It's a subject that has fascinated human behavioural and cognition expert Tony Jeton Selimi for years, inspiring him to dive deeper into loneliness than anyone else, and producing the award-winning book '#Loneliness: The Virus of the Modern Age'.

Synopsis:

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.

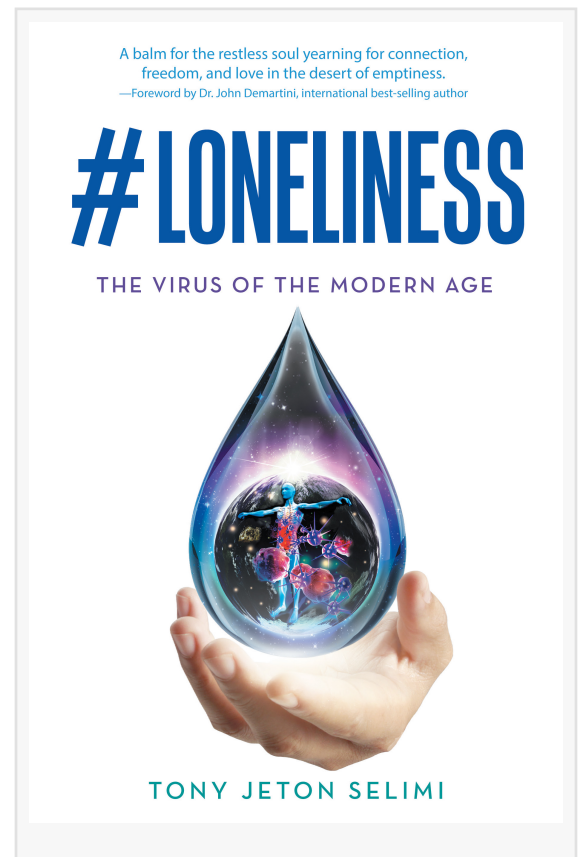
“

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

*Dr. John Demartini,  
international best-selling  
author*

#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.

“Loneliness not only disintegrates peoples' mental and physical health, but also infects their genome and leads to multiple changes, while painting a dark and negative picture of the world around them,” explains the author, who is on a unique mission to help 1 billion people awaken their heart's wisdom.



"The most surprising thing to learn is that today's obsession with technology does nothing more than simply awaken the loneliness already inside us all, which further spirals our moods and outlook. The goal of this book is to make people aware of that problem and empower them to redefine themselves and their lives so they can overcome adversity and build the happiness and prosperity they so deeply crave."

Continuing, "The book shows people how to listen to their heart in ways they didn't know possible, amplify their awareness and ultimately break free of the cocoon that is stopping them from seeing and embracing the beauty of this world. But it goes beyond us as individuals; we need to unite and ignite humanity's collective voice so we can progress to the next stage of our evolution. It all starts with this book."

Critics agree, receiving the volume with critical acclaim. For example, singer-songwriter Laurie Cagno comments, "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".

Another reader adds, "A most touching and inspiring, uplifting book written with courage, humbleness, with truth from the big heart of its author. A book for anyone and everyone, a must for all that are facing struggles in this modern age of false connectedness. Through his challenging experiences Tony will guide you and encourage you to make the changes that your soul is craving for."

Connecting readers to their hearts infinite wisdom and empowering them to redefine themselves and overcome the adversity, anxiety and stagnancy likely blighting their lives, Selimi truly breaks new ground in a volume that received a Finalist Award in the 2016 International Book Contest.

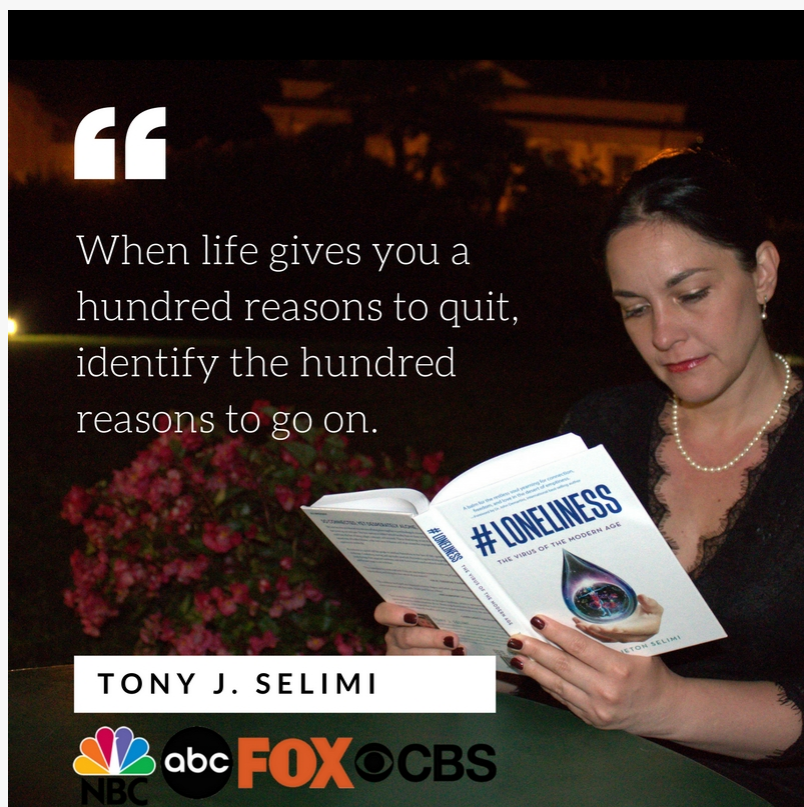
Tony recently appeared with legendary Brian Tracy on ABC, NBC, CBS, Fox and their affiliates discussing the book, his global mission, and why we must "wake-up now". It's also, been a hit among



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TONY J. SELIMI

NBC abc FOX CBS

When life gives you a hundred reasons to quit, identify the hundred reasons to go on.

critics, too, with one recently writing, "The worldview developed here transcends science, dogma, and belief, giving readers a new way to reconnect with their truth, hearts, and Divine within".

"#Loneliness: The Virus Of The Modern Age by Tony Selimi is the warm embrace of a world suffering from a devastating epidemic of self-doubt, rejection, and loneliness epidemic. From the first pages of his book, Tony Jeton 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."

Gemma Benton, Readers' Favorite

Read more five star readers favorite reviews at <https://readersfavorite.com/book-review/loneliness>

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Finalist in four categories in the USA Book Awards 2016:

<http://www.internationalbookawards.com/2016awardannouncement.html>

Finalist in International Book Award 2016:

<http://www.internationalbookawards.com/2016pressrelease.html>

Learn more at: <http://tonyselimi.com/books/loneliness-the-virus-of-the-modern-age/>

About the Author:

Tony J. Selimi is internationally known as a Human Behaviour, Cognition and Emotional Intelligence Expert. To his clients he is known as The See-Through coach and specializes in assisting people to find solutions to their personal, professional and business problems, accelerate their learning, and achieve excellence in all of the eight key areas of life: Spiritual, Mental, Emotional, Physical, Business, Money, Relationship and Love-Heart Intelligence.

As a business consultant he globally provides answers to questions and practical solutions to life's challenges in talks, workshops, one to one coaching, mastermind groups, retreats, articles, radio and TV interviews as well as through his books and online downloads of the TJS Evolutionary Meditation Solutions.

His clients are entrepreneurs and business owners who seek his help to manifest their highest vision, to be more healthy, wealthy, wise, spiritual and influential. They range from Celebrities, MPs, Dr's, Scientists, Coaches, to CEO's of FTSE 100 companies such as Microsoft, SAP, Bank of America, E&Y, Vandercom and Deutsche Bank.

Tony leaves his clients feeling inspired, enlightened, and peaceful.

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