

# #Loneliness- The Virus' of Modern Age by Tony Jeton Selimi is the Finalist Winner of the TopShelf Indie Book Awards 2018

*#Loneliness meticulously written by Tony J. Selimi is the TopShelf Indie Book Awards 2018 Finalist Winner. Empowering Readers to Embrace the Science of Oneness.*

LONDON, GREATER LONDON, UNITED KINGDOM, December 31, 2018 /EINPresswire.com/ -- Loneliness is a subject that has fascinated Tony Jeton Selimi for years, inspiring the Human Behavior and Cognition Expert to dive deeper into the topic more than anyone else, and producing the meticulously written TopShelf Indie Book Finalist Award 2018 Winner **#Loneliness: The Virus of the Modern Age**.

In a technologically advanced 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 an epidemic more rampant and destructive than smoking and being obese. Research suggests that 42.6 million adults over age 45 in the U.S. suffer from chronic loneliness,

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A warm, insightful book gives you a clear road-map to overcome the loneliness that you will experience at different times in your life.”

*Brian Tracy – The author of The Power of Self Confidence*

balance, is the root cause of disease, and what creates the segregation experienced worldwide.

Fastidiously researched and written by Tony Jeton Selimi, each chapter of the classic self-help bestseller reflects the newest developments in the evolution of human consciousness field today and teaches us how loneliness impacts every sphere of our life including our mental health, emotional states, our confidence, interpersonal relationships, the business and leadership performance, and our ability to make fast and well-informed choices and decisions.

Jack Canfield, Americas #1 Success Coach and the Co-creator of Chicken Soup for the Soul™



"quotes: "#Loneliness is a masterpiece that beautifully demystifies the evolutionary role of loneliness, echoes a powerful existential message for mankind, and amplifies people's faith in the power of love."

This masterpiece that explores the fierce scientific, psychological and spiritual impact of adversity and the loneliness, rejection, and isolation that follows, was born of Tony's extraordinary experience of child abuse, being bullied at school, atrocities of a civil war, homelessness, identity crisis, and starting a new life in London. Forced to go beyond the limits of known science (he had been made redundant from a senior technology job he loved for almost two decades) he was catapulted into a remarkable, body-mind-soul-searching and ultimately ground-breaking healing journey. Tony pioneered a unique healing technique and a methodology that guides us directly to the root cause of our loneliness from a longstanding difficulty – spiritual, mental, emotional physical, relationship, social, business or money – and then gives us the tools to resolve it.

Loneliness is a problem that has become an ironic epidemic in a world that is more interconnected than ever before. Empowering readers to redefine themselves and overcome the adversity, anxiety and stagnancy likely blighting their lives, Selimi truly breaks new ground in a volume endorsed by Jack Canfield, inspired the creation of Living My Illusion documentary series and appeared on Brian Tracey show for ABC, NBC, CBS, FOX and their affiliate channels. It's also been a hit among 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".

At the most sophisticated nexus of body-mind-heart-spirit healing today, #Loneliness offers a simple, imaginative process that is a revolutionary way to heal our pain, connect all of the fragmented parts of our being, and prepare us for the next stages of human evolution where Artificial Intelligence becomes an integral part of our living. Selimi brings the latest findings of how to heal our being from the inevitable life adversities with a fast, effective, and easy to implement a technique that anyone from a CEO to a child can use.

Internationally renowned keynote speaker and healer Tony says, "I wrote this book to assist the lonely create life breakthroughs and learn new ways to grow, innovate, share and reconnect with their hearts infinite innate wisdom and love so they can be conscious creators of their inspired destiny. I wrote it as "A Call for Love" to help people feel more connected to one another and life



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.



in general, to create a healthy life-work balance, and be more empowered and centred in themselves. I wrote it because I believe that we are all worthy of love."

Who should read this book?

No matter who you are – a young adult, parent, a professional coach, therapist, lawyer, banker, CEO, Business Owner, HR Director, millionaire, billionaire, or merely curious and young at heart and seeking greater significance and purpose in your life – #Loneliness is the life manual that teaches you how to overcome adversity with ease, inspires you to turn your painful experiences into powerful lessons for others to use on their healing journey and empowers you to create a meaningful vision for your life consciously.

Market: Entrepreneurialship, Business Success, Leadership Development, Start-Up, Personal and Professional Development, Spiritual Development, Personal Success, Self-help, Inspirational, Evolution of Human Consciousness, Migrant Success Stories, Homelessness, Education, Healthcare, Governments.

TopShelf Magazine hosted the global author competition, and the purpose of the TopShelf Indie Book Awards is to raise awareness of the best indie authors and books—not just to readers, but to their growing list of booksellers and librarians from around the globe. Every single book that gets entered into the TopShelf Indie Book Awards will be seen by booksellers, librarians, authors, agents, publicists, reviewers, readers, and more—thousands of some of the most influential, most important people who could ever get a hold of his book.

Moreover, their ever-expanding network of social media partners currently reaches about 2,500,000 people, and their promotions fetch over a quarter of a million impressions each month, with thousands of engagements.

#Loneliness is available in print and digital formats from Amazon, Barnes & Noble, Waterstones, Foyles, Kindle, iTunes and Audible.

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