

Download Do You Ever Feel Lonely

You know the problem with group and couples dates? The annoying “So what do we do?” and “Where do we eat?” questions. When you go on a date with yourself, you’re sure to go somewhere you actually like and you don’t have to wait around for others to decide. Email, text, instant messages, cellphone calls. There are more ways than ever to connect with others — yet many of us know the hollow ache of loneliness. Loneliness isn’t constrained by age ...As humans, we are not meant to be isolated. We all crave deep and lasting connections with other people. But we know it’s possible to feel alone in the middle of a crowd, and it’s possible to sleep in the same bed with someone for years and still feel lonely. “Don’t feel lonely; the entire universe is inside you.” – Rumi. If you’ve ever felt lonely before, you know just how badly it can hurt. Scientists have even called loneliness an epidemic due to how widespread and severe the isolation can seem in our modern way of living.