



Feeling Lonesome: The Philosophy and Psychology of Loneliness

Ben Lazare Mijuskovic

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This book presents an intricate, interdisciplinary evaluation of loneliness that examines the relation of consciousness to loneliness. It views loneliness from the inside as a universal human condition rather than attempting to explain it away as an aberration, a mental disorder, or a temporary state to be addressed by superficial therapy and psychiatric medication.

- Provides key insight into the dynamics of loneliness, enabling readers to be able to recognize its sources and counter its insidious and invidious force?not only in one's self, but in others as well
- Presents cross-disciplinary perspectives that addresses and critiques both philosophical and psychological views on loneliness
- Reviews the works and words of philosophers from Descartes to Kant and Wittgenstein, and of psychologists from Freud to Erikson, Fromm, and Mahler
- Authored by a former mental health therapist who has taught philosophy for more than 30 years

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