



## Lonely Girl?

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By Gail Snyder

Jasmine Health, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. Besides taking an emotional toll on you, loneliness can take a physical toll on your body as well. Studies show that lonely people have higher blood pressure, which can cause heart disease, than people who don't feel lonely. If you aren't a loner by choice, how can you cope? Using real-life examples and quotations, LONELY GIRL? discusses the biological, emotional, and social effects of loneliness and provides research-based information on the best ways to overcome it. Take a quiz to find out if shyness is keeping you from making friends, and read tips on how to be more social.



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