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Let's face it, girlfriend . . . as we set forth into the vast unknown of this new year (or what's left of it, any

"That used to scare me," says life coach, Martha Beck. "It's one of the reasons I set out to learn ways of

For me, the most constructive mindset when taking the helm in wild waters is brought about by By

The cause of our suffering is not what ; it's what we believe about what is happening.

Martha says the trick is to find a way to look at each event that will show you its gifts and diminish the s

One of the things most people fear is ending up alone. However, admitting to loneliness, says Mar

You see, in our culture, external validation is prized above all else. From our earliest infancy we're

That's why Martha offers three quick fixes that she uses to deal with three different kinds of lonelin  
Absolute loneliness: When you believe that nobody understands you. Quick fix: If you're feeling abar

Separation loneliness: When the people you want to spend time with are far away. Quick fix: Remind y

Existential loneliness: The emptiness you feel when you realize that nobody can help you face the mo

"Loneliness, far from revealing some defect, is proof that your innate search for connection is intact. So

This would be the perfect year to do so – according to the Chinese Zodiac, 2018 is the year of the

According to Teri Uktena, 2018 is especially ripe for those who feel isolated, alone, out of sync or

Make this a year to stop struggling with social structures that don't work for you. Instead, take on the

After all, girlfriend, you know that in the great unknown dog days of 2018, whatever is coming up w