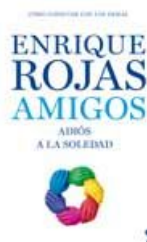


Amigos

Friends



Author: [Enrique Rojas](#) [1]

Publisher: [Ediciones Temas de Hoy](#) [2]

Year of Publication: 2009

Pages: 250

Genre: Sports and practical book

AUTUMN

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In this new book, Doctor Enrique Rojas analyses rigorously and with an engaging style one of the most paradigmatic diseases of our time: loneliness. In a society so hasty, dehumanized and competitive, interpersonal relationships have reached such a degree of shallowness that even when we are with someone, we feel lonely. This loneliness causes a feeling of inner void that ends in sadness, isolation, restlessness, discouragement and anxiety, and is more frequent every day to mention the fear of loneliness as the most important of our worries. However, there are very few works dealing with this subject, and this void is filled with Amigos. Which are the causes that originate it and which are the effects that it causes, who is prone to feel it and why, when does it become a problem and which are its possible solutions, are some of the main questions to which this book aims to answer.

A real antidote against loneliness and a guide to learn how to mix with people and cultivate friendship.

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