



# True Belonging: Mindful Practices to Help You Overcome Loneliness, Connect with Others, and Cultivate Happiness

*Jeffrey Brantley, Wendy Millstine*

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Find True Connection with Others and Compassion for Yourself

When was the last time you experienced authentic connections with others, truly felt that you belonged, and were surrounded by people who really understood you? Even though many of us experience the power of deep connection much less often than we would like, this sense of true belonging is always available to us, regardless of our outside circumstances. You can reduce feelings of alienation, isolation, and loneliness by simply *choosing* to foster feelings of unity and connectedness. This book will show you how.

**True Belonging** offers over thirty reflective practices that will help you explore your interdependence with all living things, treat yourself more kindly, and create richer connections with others. Each practice will help you build a deeper-felt sense of belonging in all of your relationships and develop compassion for yourself and those around you.

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