



## Bye-Bye Loneliness: Mat for the Treatment of Loneliness

By Meg Stanton M D

Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 155 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A Non-fiction book for the treatment of internal emotional loneliness using Mind Awareness Tactics (MAT), Dr. Meg Stanton s original cognitive method.



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