

Book Review

Loneliness, Love and All that's Between: A Psychological Look at What Makes Us Lonely and What Keeps Us in Love

Authors: Ami Rokach (The Center for Academic Studies, Israel)

This is a wonderful book with a very thorough, exhaustive approach to the topic of loneliness. The amount of information and the comprehensive analysis with which the various points are depicted is quite impressive.

I appreciate the chapters' progression of addressing loneliness as the experience known to every human being. As I became quite absorbed in reading, I felt that no detail was left out, no related issue went untouched.

This book contains literature reviews, historical overviews, the author's own research findings and practical suggestions and as such, aims at diverse readership. This book will satisfactorily inform a social scientist and also provide self-help tools for any, non scientific, reader. For the latter, for example the chapter "Coping with loneliness" and the chapter listing strategies for couples to facilitate connectedness may be of particular interest.

The comprehensive character of this work makes it relevant as a reference book for social scientists, also a valuable resource for courses in social sciences at colleges and universities. Furthermore, the style of writing easily engages the members of general public.

In sum, Ami Rokach created a treasure of an in-depth information on loneliness, respecting the scientific viewpoints, including the wealth of his own research as well as acknowledging the intimacy of the agony of loneliness. He explains the experience of loneliness not only from the insights of a gifted scientist but it is clear to the reader that he also speaks from his heart, that of a sensitive human being.

Reviewed by Milada Disman, Ph.D., Assistant Professor (retired), Faculty of Medicine, Department of Public Health Sciences, University of Toronto, ON, Canada