

BOOK REVIEW

Together and Lonely: Loneliness in Intimate Relationships – Causes and Coping

Authors: Ami Rokach and Ami Sha'ked (School of Psychology, The Centre for Academic Studies, Or Yehuda, Israel)

Two Israeli experts got together, to publish this book, which examines mainly the phenomenon of loneliness within intimate relationships, as marriage and family.

Some say that loneliness is a human, primary, existential condition. Others say it's "the social disease of the 21st century". The book presents a thorough study of the phenomenon, its influence on the individual, and suggests ways of coping.

Besides loneliness in intimate relationships, the authors tackle loneliness of other conditions and contexts : widowhood, alienation met by individuals who belong to marginal groups, or during illness, especially "negatively tagged" illnesses, such as cancer or HIV.

The book studies loneliness also along the time axis – through the life cycle, from childhood to old age, demonstrating periods of life, when loneliness is more dominant and outstanding.

A gloomy, but excellent book! Well written, well organized, clear and practical in its treatment recommendations.

Worth reading!!!

*Reviewed provided by **Dr. Yochi Ben-Nun**, President, Israel Psychological Association. Email: jbennun@netvision.net.il; Tel: 972-54-480-7441*