

***Anti-Loneliness Guide***

***How to Find Love Using Your Subconscious***

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## Prologue

The book you're holding was born from a single, powerful impulse — an extraordinary experience the author received like a calling.

In a dream, an otherworldly being appeared.

It's hard to say who or what it was — an angel? A messenger of God? A manifestation of the Universe itself?

It radiated an indescribable light.

It looked into his eyes and said just one thing:

"There are people who need this book. This one. With this exact title. Write it for them."

And now, this book has found its way to you.

That's no coincidence.

If you're holding it, if you're reading these words — *you're one of them.*

It was written for you — to help you awaken a power that's been lying dormant inside you, waiting for its moment to rise.

Most people live under the illusion that they're powerless — trapped in loneliness, bad luck, or toxic patterns.

But that's a lie.

The truth is, you already carry within you the power to completely transform your life.

The problem?

No one ever taught you how to access it.

This book is a practical guide — not New Age fluff, not empty self-help slogans.

It's filled with tools that will help you:

- stop sabotaging your own happiness,

- change the way you attract people and love into your life,
- activate your subconscious mind so it finally starts working *for* you — not against you.

This isn't magic.

**It's you.**

Just in a new version — more aware, more present, more in love with life.

The change is already inside you.

This book will help you unlock it.

Enjoy the journey — I'll see you on the other side.

## HEALTH AND RELATIONSHIPS

Our subconscious mind is designed to improve every aspect of our lives, including our health. If you're facing health challenges, your subconscious can help you heal. As the renowned biologist and lecturer Bruce Lipton advises, change your thoughts about your environment, and the cells in your body will change accordingly. When I mention the "environment," I mean the mental impression you create, where your thoughts can make your cells live in either fear or peace and happiness. So, regardless of what illness you may have, you can heal using the same techniques.

Here's a quote from the respected motivational author Joseph Murphy:

*"There are no incurable diseases. There are only people who believe their disease is incurable. If a person believes that their illness is incurable, the subconscious mind accepts that belief and acts accordingly. However, if that person changes their belief and accepts they are*

*healthy, the subconscious mind will also accept that new belief and bring it to life.”*

Starting today, accept that your illness is curable, and it will be. Along with the right mindset, proper nourishment for your body is essential. I’ve already written about my 8/16 fasting diet, which I highly recommend. Nutrition has a significant impact on health, and it’s important to do it right. Minimize your intake of salt and sugar. Eat vegetables, proteins, and fruits every day. Drink about two liters of water. Practice yoga, run, or engage in other sports at least twice a week. Stop thinking about illness and start focusing on health, and you will be healthy. It sounds simple, but it can be hard to execute. In moments of worry, affirm your health:

*There is only health; illness is an illusion. Each day, I am getting healthier.*

Visualize a healing waterfall of energy flowing through you, glowing with a radiant light. See yourself healthy, smile with joy, and engage in something productive. If

worries persist or return, repeat the affirmation again until it works.

Although this book is not primarily about improving health, I wanted to include other aspects of life that influence the quality of relationships. After all, it's difficult to enjoy life and think about relationships when you are seriously ill. If you are currently undergoing treatment, continue following your doctor's instructions. Affirmations are meant to support and accelerate the healing process, but they are not a replacement for conventional medical treatment. Personally, I believe that people can heal from incurable diseases through the power of the subconscious, but that is my personal opinion, not medical advice. First and foremost, if you feel unwell, go to a doctor immediately and begin treatment. You must trust that whatever the doctor does is good for you. Here, too, an affirmation can be helpful:

*God/Universe watches over the work of doctors, and everything they do for me brings good results.*



Before starting any treatment, you should confirm the diagnosis with at least two specialists. I suggest this from personal experience because I had my gallbladder removed even though it was healthy.

Another important aspect of health is rehabilitation. For several years, I've been going for rehabilitation once a week as a preventative measure, as I discovered that many of our ailments result from a lack of physical activity, internal organ pressure caused by tight muscles, or fat accumulation and blockages. Sometimes, patients are referred for knee or spinal surgery when what they really need is rehabilitation, yoga, or physical activity. Yoga, as I've mentioned before, is a powerful tool in fighting any illness. Whatever your condition, start with yoga, rehabilitation, and consulting with appropriate medical specialists. If you are physically unable to move, watch yoga videos online and perform all the exercises in your imagination. Exercises done in your mind can develop muscles and influence your body just like physical ones. It's worth putting mental effort into this.

One important point is this: Don't fuel your illness. Since the subconscious mind acts on affirmations strengthened by visualization and emotions, talking about your illness and feeling sorry for yourself only deepens the condition. You must stop doing this immediately. You need to change your mindset. You need a vision of complete healing, supported by affirmations, visualization, and emotions. Regardless of your diagnosis, leave the medical treatments to the professionals. Trust them, follow their instructions, and beyond that, believe that in the universal mind, you are already healed. Outside the necessary doctor visits or tests, live as if you are healthy. If you can't run, take walks—either physically or in your mind. You are healthy! Eat right, exercise, do yoga, and go for rehabilitation at least once a month. For improving your immune system, I also recommend cryotherapy once or twice a year, sauna sessions once a week, and cold-water immersion.

Now, let's focus on an affirmation for health:

*The Universe created me through my subconscious, so it can also heal me. In the universal mind, I am already completely healthy. A river of peace flows through me and heals every atom of my body. I am filled with peace and harmony, and my cells and muscles are cleansed and healed. The doctors treating me are choosing the best methods to bring me to health. Every day, I am becoming healthier and stronger. I am grateful for my healing, which is happening now.*

Visualize yourself at a doctor's appointment, hearing them say, "It's a miracle! You are completely healed!" If you are in the hospital, imagine yourself walking out fully healthy. Picture yourself leaving through the main entrance. Feel the joy of recovery as if it's really happening. When you reach the affirmation "a river of peace flows through me," pause and imagine a waterfall of energy flowing through you, and notice how you feel better and better. Repeat this several times in the morning, at noon, and before bed, and soon, you will see amazing results. Good luck!

But what if you feel you never have enough money or think you're always poor?

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