STUDY OF LONELINESS IN URBAN MIDDLE CLASS WOMEN OF ASSAMESE SOCIETY

Thesis submitted to Gauhati University
for the degree of Doctor of Philosophy
in the faculty of Arts 2008

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Chiriboga and Catron 1991, “when you find yourself alone, see it as an opportunity to discover yourself. Look inside yourself. When you look inward, the opportunity is there not only to understand yourselves better but to better understand those around you.”