

Solitude In Pursuit Of A Singular Life In A Crowded World

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"Solitude is a gorgeously written and fascinating book, richly detailed and thought-provoking throughout. I highly recommend it." --Michael Finkel, New York Times best-selling author of True Story and The Stranger in the Woods "In a time of unrelenting connection, solitude becomes a radical act. It also becomes an essential one.

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Solitude is a rapidly vanishing experience. After all, it is when we are alone that we realise the greatest truths about ourselves. Being alone - really alone - could be the only antidote to the frenzy of our digital age. Solitude is a rapidly vanishing experience. ... See more Solitude: In Pursuit of a Singular Life in a C...

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Harris' way of putting it is that solitude is more than a lost art, it is a precious resource, he says, that can be harvested or hoarded, but can also be despoiled. Much of our modern modes of living do the latter. We allow our solitude resource to be siphoned off by false connections, unnecessary activity.

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Much of the book is a chronicle of the author's own search for solitude. There are some side journeys to interview various brain scientists or authors or other people who are thinking about the same thing. It's a short book and easy to read and yet it does stimulate one's own reflection on the subject.

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Solitude permits us to be alone with our thoughts and to make decisions absent the presence of others. For this reason, it ' s important to experience solitude to develop a sense of self. Of course, we continue to consider wishes of others when making significant life choices. But when we ' re alone, we get to react more personally to things.

Solitude and Loneliness —In Pursuit of Happiness

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Solitude: In Pursuit of a Singular Life in a Crowded World—

"An elegant, thoughtful book . . . beautifully expresses the importance and experience of liberation from the battery-then life of constant connection and crowds." Daily Mail A compelling study of the subtle ways in which modern life and technologies have transformed our behaviour and sense of self." Times Literary Supp

With a foreword by Nicholas Carr, author of the Pulitzer Prize – finalist *The Shallows*. Today, society embraces sharing like never before. Fueled by our dependence on mobile devices and social media, we have created an ecosystem of obsessive connection. Many of us now lead lives of strangely crowded isolation: we are always linked, but only shallowly so. The capacity to be alone, properly alone, is one of life ' s subtlest skills. Real solitude is a powerful resource we can call upon—a crucial ingredient for a rich interior life. It inspires reflection, allows creativity to flourish, and improves our relationships with ourselves and, unexpectedly, with others. Idle hands can, in fact, produce the extraordinary. In living bigger and faster, we have forgotten the joys of silence, and undervalued how profoundly it can revolutionize our lives. This book is about discovering stillness inside the city, inside the crowd, inside our busy lives. With wit and energy, award-winning author Michael Harris weaves captivating true stories with reporting from the world ' s foremost brain researchers, psychologists, and tech entrepreneurs to guide us toward a state of measured connectivity that balances quiet and companionship. Solitude is a beautiful and convincing statement on the transformative power of being alone.

Why do we often long for solitude but dread loneliness? What happens when the walls we build around ourselves are suddenly removed—or made impenetrable? If privacy is something we can count as a basic right, why are our laws, technology, and lifestyles increasingly chipping it away? These are among the themes that Sue Halpern eloquently explores in these profoundly original essays. In pursuit of the riddle of solitude, Halpern talks to Trappist monks and secular hermits, corresponds with a prisoner in solitary confinement, and visits and AIDS hospice and a shelter for the homeless places where privacy is the first—and perhaps the most essential—thing to go. This is a book that lends weight to the ideas that have become dangerously abstract in a society of data bases and car faxes, a guide not only of the routes to solitude but to the selves we discover only when we arrive there.

One of the 20th century's enduring works, *One Hundred Years of Solitude* is a widely beloved and acclaimed novel known throughout the world, and the ultimate achievement in a Nobel Prize – winning career. The novel tells the story of the rise and fall of the mythical town of Macondo through the history of the Buend í a family. It is a rich and brilliant chronicle of life and death, and the tragicomedy of humankind. In the noble, ridiculous, beautiful, and tawdry story of the Buend í a family, one sees all of humanity, just as in the history, myths, growth, and decay of Macondo, one sees all of Latin America. Love and lust, war and revolution, riches and poverty, youth and senility -- the variety of life, the endlessness of death, the search for peace and truth -- these universal themes dominate the novel. Whether he is describing an affair of passion or the voracity of capitalism and the corruption of government, Gabriel Garc í a M á rquez always writes with the simplicity, ease, and purity that are the mark of a master. Alternately reverential and comical, *One Hundred Years of Solitude* weaves the political, personal, and spiritual to bring a new consciousness to storytelling. Translated into dozens of languages, this stunning work is no less than an accounting of the history of the human race.

All truth is subjective or so David believes as he sets out to change his life. A New Yorker in his early thirties, he moves to Paris to work for an international ad agency. He's happy and he's in love, but then his carefully scripted story goes awry. After experiencing memory lapses he is advised by a doctor to seek rest in a small town in the south of France. As he struggles to regain his memories he must confront a world full of contradictions and illusions. The Solitude Myth has been described as: "cerebral and elegant . . ." "an insight into existential mysteries . . ."

Solitude has always had an ambivalent status: the capacity to enjoy being alone can make sociability bearable, but those predisposed to solitude are often viewed with suspicion or pity. Drawing on a wide array of literary and historical sources, David Vincent explores how people have conducted themselves in the absence of company over the last three centuries. He argues that the ambivalent nature of solitude became a prominent concern in the modern era. For intellectuals in the romantic age, solitude gave respite to citizens living in ever more complex modern societies. But while the search for solitude was seen as a symptom of modern life, it was also viewed as a dangerous pathology: a protracted renunciation of the world, which could lead to psychological disorder and anti-social behaviour. Vincent explores the successive attempts of religious authorities and political institutions to manage solitude, taking readers from the monastery to the prisoner ' s cell, and explains how western society ' s increasing secularism, urbanization and prosperity led to the development of new solitary pastimes at the same time as it made traditional forms of solitary communion, with God and with a pristine nature, impossible. At the dawn of the digital age, solitude has taken on new meanings, as physical isolation and intense sociability have become possible as never before. With the advent of a so-called loneliness epidemic, a proper historical understanding of the natural human desire to disengage from the world is more important than ever. The first full-length account of its subject, *A History of Solitude* will appeal to a wide general readership.

"Lead Yourself First makes a compelling argument for the integral relationship between solitude and leadership." --The Wall Street Journal Throughout history, leaders have used solitude as a matter of course. Martin Luther King found moral courage while sitting alone at his kitchen table one night during the Montgomery bus boycott. Jane Goodall used her intuition in the jungles of central Africa while learning how to approach chimps. Solitude is a state of mind, a space where you can focus on your own thoughts without distraction, with a power to bring mind and soul together in clear-eyed conviction. But these days, handheld devices and other media leave us awash with the thoughts of others. We are losing solitude without even realizing it. To find solitude today, a leader must make a conscious effort. This book explains why the effort is worthwhile and how to make it. Through gripping historical accounts and firsthand interviews with a wide range of contemporary leaders, Raymond Kethledge (a federal court of appeals judge) and Michael Erwin (a West Pointer and three-tour combat veteran) show how solitude can enhance clarity, spur creativity, sustain emotional balance, and generate the moral courage necessary to overcome adversity and criticism. Anyone who leads anyone—including oneself—can benefit from solitude. With a foreword by Jim Collins (author of the bestseller *Good to Great*), *Lead Yourself First* is a rallying cry to reclaim solitude—and all the benefits, both practical and sublime, that come with it.

Learn more about the positive and negative psychological effects of solitude, isolation, and being alone in this expertly edited resource It has never been more important to understand the impact of solitude. The newly revised and updated second edition of *The Handbook Of Solitude: Psychological Perspectives On Social Isolation, Social Withdrawal, and Being Alone* delivers another comprehensive academic volume of psychological research on the topic of solitude. This second edition includes a new organizational framework that considers both contemporary and emerging conceptual perspectives along with a more nuanced approach to the significance of context in the study of solitude. There is also an increased focus on clinical, developmental, and social psychological perspectives. The latest edition also offers new discussions regarding recent trends in the positive aspects of solitude, including a new chapter on mindfulness, and provides more detailed coverage of the emerging impact of social media and computer gaming on psychological health and well-being across the lifespan. Scholars from across the world have contributed to this volume, coming from countries including Australia, Canada, China, Finland, Greece, Poland, South Korea and the USA, among others. The editors offer a broad and complete perspective that will appeal to many disciplines within psychology, and the book provides accessible content that is relatively brief in length and edited to remove unnecessary technical jargon. The book also includes: Lengthy discussions of historical and theoretical perspectives on solitude, including the phenomenon of social withdrawal in childhood An exploration of the significance of close relationships, including with peers and parents, on experiences of being alone and psychological well-being A treatment of the neuroscientific and evolutionary perspectives on shyness and social withdrawal A comprehensive section on solitude across the lifespan, including expressions of shyness in infancy and childhood, the causes and consequences of playing alone in childhood, social withdrawal in adolescence and emerging adulthood, being single in adulthood, and isolation, loneliness, and solitude in older adulthood A consideration of solitary confinement as an extreme form of social isolation Careful cultural consideration of solitude and related constructs with new chapters on immigration and hikikomori Perfect for advanced undergraduate and graduate level students taking a variety of courses in developmental, biological, social, personality, organizational, health, educational, cognitive, and clinical psychology, the second edition of *The Handbook Of Solitude* has also earned a place in the libraries of researchers and scholars in these, and related psychological disciplines.

Everything you need to know to look after yourself to bring about and maintain perfect health, prosperity, wealth, happiness, quality of life and longevity. It reveals that we are, without realising, not doing enough or the right things to protect our health and prosperity which is equally extremely damaging to nature, wildlife, oceans, sea-life, fresh springs, waterways and air, and us. The Book by Linde utilises new and ancient knowledge from around the world, over the millennia identifying what changes we need to make to enhance every aspect of our lives with simple solutions for almost every situation. It is your most powerful contribution to protecting, nurturing and saving our planet. In summary, 'THE BOOK' Consists of Six Chapters which incorporates a summary within each one: Lifestyle; Food & Nutrition; Medical Care; Mind; Water, and Now Live the final chapter which you can cast your eye over first as it is a synopsis of the complete works. It is highly recommend to read from cover to cover but, it is packed with valuable information to just use as a Reference Manual on a day to day basis. Teaches you how to look after your body and mind to ultimately prevent illness, but also to help regain and maintain perfect health. Provides countless number of practical, realistic & simple tips to easily adopt into your day to day lifestyle improving quality of life, saving time & money and gaining longevity. Fuses together specialised areas in health & mind, lifestyle & environment under one cover. Identifies our day to day toxic exposures that we are unaware of and provides successful resolutions; Gives you complete fundamental knowledge and awariness, to use your courage to take responsibility for your life enhancing your health, prosperity and happiness; Provides you with ancient knowledge and practices to new, from science including quantum physics, to philosophy, psychology, and important detail on nutrition, exercise, energies and medicine; Is very current, answering all the conflicting hype about diets, the next super food or the bad effects of conventional drugs or sugar that are in the media weekly, even daily; For more information please visit www.thebookbook.co.uk

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