

Solitude A Return To The Self Anthony Storr

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5.0 out of 5 stars This book Solitude a Return to the Self is one of the most meaningful books I have ever read! Reviewed in the United States on September 25, 2014. Verified Purchase. For me, I have always been a person who is a deep thinker, and one who likes spending time alone to meditate and to rest and recharge!

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"In a culture in which interpersonal relationships are generally considered to provide the answer to every form of distress, it is sometimes difficult to persuade well-meaning helpers

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that solitude can be as therapeutic as emotional support." — Anthony Storr, Solitude: A Return to the Self

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The subtitle of "Solitude", by noted British Psychiatrist, Anthony Storr is "A Return To The Self." It is about knowing the self - you. There are many great books about solitude - Merton, Thoreau, Emerson and Grumbach, but this well written book is not about just solitude; it is about the value of solitude.

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Solitude: A Return to the Self. Anthony Storr. Originally published in 1988, Anthony Storr's bestselling meditation on the creative individual's need for solitude has become a classic. A pre-eminent work in self-help and popular psychology literature, Solitude was seminal in challenging the psychological paradigm that "interpersonal relationships of an intimate kind are the chief, if not the only, source of human happiness."

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