

Solitude A Return To The Self Anthony Storr

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100 Years of Solitude Part 1: Crash Course Literature 306 Solitude A Return To The 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 that solitude can be as therapeutic as emotional support. ” Anthony Storr, Solitude: A Return to the Self

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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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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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Solitude: A Return to the Self. New York, Free Press, 1988; HarperCollins, 1989. This is an essential book for the psychology of solitude.

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