

## Solitude In Pursuit Of A Singular Life In A Crowded World

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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.

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'An elegant, thoughtful book . . . beautifully expresses the importance and experience of liberation from the battery-hen life of constant connection and crowds.' Daily Mail  
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