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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 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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