

Solitude A Return To The Self

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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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Solitude | Book by Anthony Storr | Official Publisher Page ...

Anthony Storr, Solitude: A Return to the Self Solitude promotes self-change as it frees us from the needs and expectations of other people and so allows for the inward reflection that is necessary to better learn who we are.

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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*

Solitude Quotes by Anthony Storr - Goodreads

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In *Solitude: A Return to the Self* (1988), the psychiatrist Anthony Storr convincingly argues that: The happiest lives are probably those in which neither interpersonal relationships nor impersonal ...

The Joy of Solitude | Psychology Today

Solitude: A Return to the Self.

Solitude: A Return to the Self book by Anthony Storr

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

Storr, Anthony: Solitude - Book Reviews - House of ...

a return to the self. First published in 1988. Subjects. Solitude , Adjustment (Psychology) , Interpersonal relations , Creation (Literary, artistic, etc.) , Loneliness , Mental Health , Interpersonal Relations , Social Isolation , Famous Persons , Temperament , Creativeness , Psychological aspects , Achievement , Biography , Eenzaamheid , Creativity , Tâm lí học , Psychological Adaptation , Relations humaines , Einsamkeit , Persönlichkeitspsychologie , Ajustement (Psychologie ...

Solitude (1989 edition) | Open Library

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.

Amazon.ca:Customer reviews: Solitude: A Return to the Self

Solitude A Return To Self by Anthony Storr available in Trade Paperback on Powells.com, also read synopsis and reviews. A provocative and highly articulate meditation on solitude, Anthony Storr explores the connection...

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