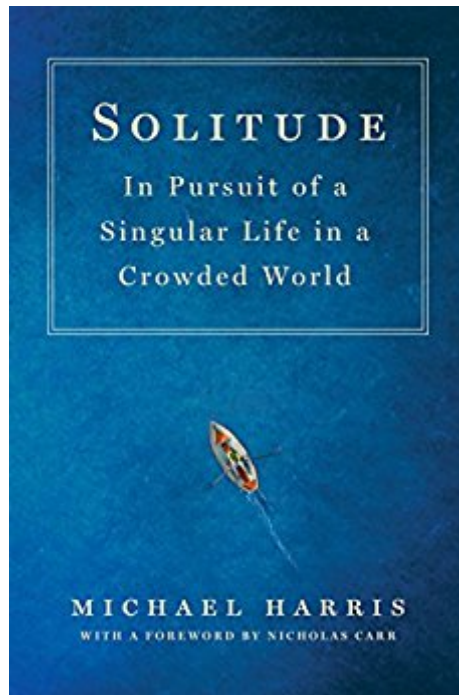




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# Solitude: In Pursuit Of A Singular Life In A Crowded World



## Synopsis

With a foreword by Nicholas Carr, author of the Pulitzer Prize–winning finalist *The Shallows*. Today, society embraces sharing like never before. Fueled by our dependence on mobile devices and social media, we have created an ecosystem of obsessive connection. Many of us now lead lives of strangely crowded isolation: we are always linked, but only shallowly so. The capacity to be alone, properly alone, is one of life's subtlest skills. Real solitude is a powerful resource we can call upon—a crucial ingredient for a rich interior life. It inspires reflection, allows creativity to flourish, and improves our relationships with ourselves and, unexpectedly, with others. Idle hands can, in fact, produce the extraordinary. In living bigger and faster, we have forgotten the joys of silence, and undervalued how profoundly it can revolutionize our lives. This book is about discovering stillness inside the city, inside the crowd, inside our busy lives. With wit and energy, award-winning author Michael Harris weaves captivating true stories with reporting from the world's foremost brain researchers, psychologists, and tech entrepreneurs to guide us toward a state of measured connectivity that balances quiet and companionship. Solitude is a beautiful and convincing statement on the transformative power of being alone.

## Book Information

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## Customer Reviews

I read the advance copy a couple of months back, and "Solitude" really moved me. As the corporate lock on both politics and our individual autonomy tightens, along comes "Solitude" sizzling with liberating energy. It's an entertaining grapple with current brain science, literature, and philosophy, and is smart, off-beat and ultimately moral. I'm sure this book will contribute to the "Great Turning" from an outdated, planet-smothering orthodoxy to a fresh, diverse, and healthy Earth-culture. Do check it out!

This is a good book. It's a thoughtful reflection on what has happened to solitude in our hyper-connected world. 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. It's just an important reminder of what we might be losing and I can easily recommend it.

A smart, thoughtful, well-researched book about the importance of the diminishing experience of solitude in the age of the Internet of things. Harris questions the value of our increased connectivity and what is being lost as a result. A worthwhile investigation with some interesting side notes.

I'm a big fan of solitude so why didn't I give this book five stars? Because I don't think it's really about solitude so much. It seems to be about disconnecting from today's constant connections but even that message gets garbled in the chapters on love letters, on writing, and on death. I think the author makes some good points about how media influences us (subtly and not so subtly) and some great point about reading as a solitary activity but I was expecting more encouragement for the pursuit of solitude. The book seemed random in its flow but had some interesting ideas.

The author knows how to craft both a beautiful sentence and a profound thought. He introduces us to some interesting people too. I already loved Admiral Byrd, but didn't know Dr. Edith Stone or Quentin Crisp. I like his take on Pride and Prejudice. This book was well worth my time.

Arrived in great shape. Very thought provoking.

This was a boring book. The writing seemed to be discombobulated, just not focused still don't know what I read.

I didn't like this book either. As one of the other reviewers wrote, it was very discombobulated, and I didn't know what I read. I got completely turned off when the author referenced young men in China wearing diapers so they didn't lose time away from their device. While I'm sure it's true, I found it a turn off and insulting to read. I would not recommend this book.

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