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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! September 25, 2014 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! Solitude | Book by Anthony Storr | Official Publisher Page ... All in all, Solitude: A Return to the Self was a major discovery and I'm looking forward to reading it again. This book was a rare find. I can't remember a book having this much of an impact on me. *Solitude A Return To The Self: Anthony Storr: Trade ...* 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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"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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For Storr, solitude is an important part of a healthy human life, though it plays different roles for different people. He pushes back quite a bit here on psychological systems that only emphasize the significance of relationships in psychological health, This is a now fairly old title that is well worth picking up nonetheless.

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