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...Storr's celebration of creative solitude is a counterbalance to the chorus of self-help books extolling interpersonal relationships. This British psychotherapist links the capacity to be alone with selfNonfiction Book Review: Solitude: A Return to the Self by ...Solitude: A Return to the Self - Anthony Storr. Post date 04/12/2018 Post categories In Books; Solitude was a book I'd discovered while I was wandering around books in one of my favourite bookshops in London. I thought Solitude, as a title, was very striking so I picked it up and started to read the back cover. The first sentence I read was ...Solitude: A Return to the Self - Anthony Storr

- Elif the ...Editions for Solitude: A Return to the Self: 0743280741 (Paperback published in 2005), 0006543499 (Paperback published in 1997), (Kindle Edition publishe...Editions of Solitude: A Return to the Self by Anthony StorrSolitude: 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 ..."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

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A landmark meditation on the crucial role of solitude in the lives of creative individuals.

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.

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A nature film inspired by Anthony Storr's book, 'Solitude: A Return to the Self.' All footage taken in Southwest Virginia's Jefferson National Forest. Filmed and edited by Jerad Hanson.

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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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The subtitle of "Solitude", by noted British Psychiatrist, Anthony Strorr 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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