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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

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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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