

Solitude A Return To The Self Anthony Storr

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Solitude: A Return to the Self: Storr, Anthony ...

When I finished this book almost two weeks ago, I felt the essay constituted a great analysis worth reading, short but in many aspects dense and detailed, which answered many questions about my own self, someone who enjoys very much the pleasures of solitude and considers that both interpersonal relationships and solitude itself provide ...

Solitude : A Return to the Self by Anthony Storr

Originally published in 1988, Anthony Storr's bestselling meditation on the creative individual's need for solitude has become a classic. A pre-eminent work in self-help and popular psychology literature, Solitude was seminal in challenging the psychological paradigm that "interpersonal relationships of an intimate kind are the chief, if not the only, source of human happiness."

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Solitude A Return To The Self

Solitude: A Return to the Self. New York, Free Press, 1988; HarperCollins, 1989. This is an essential book for the psychology of solitude. Storr impeccably credentialed for his subject as a practicing psychiatrist

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Solitude: A Return to the Self book by Anthony Storr

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 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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