



How to Be Alone (Main Market Ed.)

By Sara Maitland, The School of Life

Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, How to Be Alone (Main Market Ed.), Sara Maitland, The School of Life, Our fast-paced society does not approve of solitude; being alone is literally anti-social and some even find it sinister. Why is this so when autonomy, personal freedom and individualism are more highly prized than ever before? Sara Maitland answers this question by exploring changing attitudes throughout history. Offering experiments and strategies for overturning our fear of solitude, she helps us to practise it without anxiety and encourages us to see the benefits of spending time by ourselves. By indulging in the experience of being alone, we can be inspired to find our own rewards and ultimately lead more enriched, fuller lives. One in the new series of books from The School of Life, launched January 2014: How to Age by Anne Karpf How to Develop Emotional Health by Oliver James How to Be Alone by Sara Maitland How to Deal with Adversity by Christopher Hamilton How to Think About Exercise by Damon Young How to Connect with Nature by Tristan Gooley.

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