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Harris' way of putting it is that solitude is more than a lost art, it is a precious resource, he says, that can be harvested or hoarded, but can also be despoiled. Much of our modern modes of living do the latter. We allow our solitude resource to be syphoned off by false connections, unnecessary activity.

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Much of the book is a chronicle of the author's own search for solitude. There are some side journeys to interview various brain scientists or authors or other people who are thinking about the same thing. It's a short book and easy to read and yet it does stimulate one's own reflection on the subject.

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Solitude permits us to be alone with our thoughts and to
make decisions absent the presence of others. For this
reason, it ' s important to experience solitude to develop a
sense of self. Of course, we continue to consider wishes of
others when making significant life choices. But when
we ' re alone, we get to react more personally to things.

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importance and experience of liberation from the battery-
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compelling study of the subtle ways in which modern life and technologies have transformed our behaviour and sense of self.' Times Literary Supp

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