



The Handbook of Solitude: Psychological Perspectives on Social Isolation, Social Withdrawal, and Being Alone

By -

Wiley-Blackwell, 2014. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Solitude has had a bad name in our society, and in our psychology: it is often equated with isolation, loneliness, shyness, and social awkwardness. The Handbook discusses these, but abundantly treats the other side solitude that fosters insight, connection, creativity, introspection, healing, and enlightenment. This is a badly needed and broadly focused antidote for the negative approach, and its group of expert contributors provides a fuller understanding of a state people often experience, and sometimes need. -- Peter Suedfeld , Dean Emeritus of Graduate Studies and Professor Emeritus of Psychology, The University of British Columbia This large volume is a veritable feast of information and perspectives on the important topic of solitude. Scholars from diverse sub-disciplines of psychology (e.g., developmental, clinical, social, neuroscience, cultural psychology) and varied disciplines (e.g., sociology, anthropology, political science, religious studies, computer science, biology) weigh in on this complex topic. Even the most knowledgeable reader will learn much about types and potential causes and outcomes of solitude and be exposed to new theoretical frameworks. -- Nancy Eisenberg , Regents Professor of Psychology, Arizona State University.



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