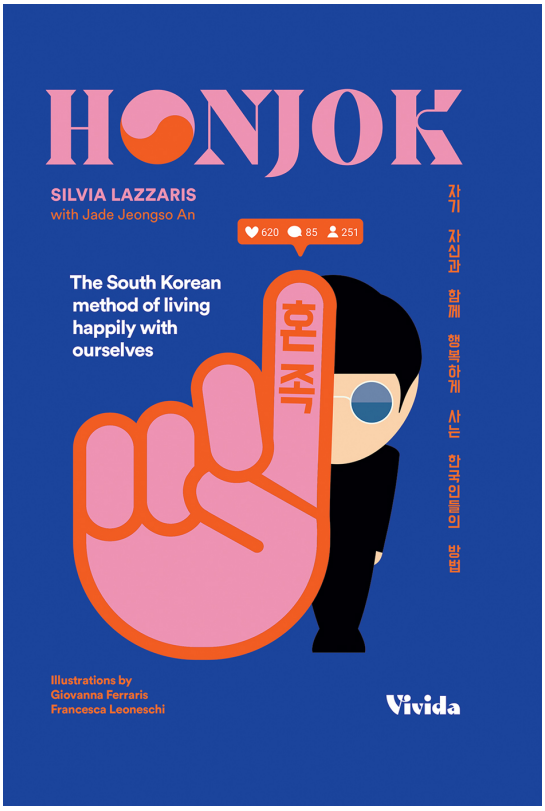
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Honjok

The South Korean Method to Live Happily With Ourselves

Silvia Lazzaris

With Jade Jeongso An

Illustrated by Giovanna Ferraris

Illustrated by Francesca Leoneschi

ISBN	9788854418332
Publisher	White Star
Binding	Hardback
Territory	World excluding Australasia, USA, & Canada. Italy and India non-exclusive
Size	240 mm x 170 mm
Pages	144 Pages
Name of series	VIVIDA
Price	£12.99

- This revolutionary philosophy teaches us to appreciate our moments of solitude and help us transform our self-isolation into a new lifestyle

Honjok is the revolutionary philosophy that teaches us to appreciate our moments of solitude and help us transform our self-isolation into a new lifestyle. This book describes Honjok in all of its facets, among which honbap – eating alone, honsul – drinking alone and honnol – playing and spending time alone. The book is structured in short chapters where text, graphics and illustrations work as complementary narrative elements. Each chapter, identifiable by a specific colour, is self-contained and requires no cross-referencing. Readers are free to approach the book in whichever order they prefer with illustrations and infographics that allow them to interact with the book.

Sylvia Lazzaris is an Italian researcher and freelance journalist based in England. She is specialised in the relationship between technology and society. She publishes investigative reports and in-depth articles in a number of international newspapers, including the *Corriere della Sera* and the *BBC*. **Jade Jeongso An**, who was born in Ulsan, South Korea, and later moved to Berlin, will contribute to the book by presenting the viewpoints of the Korean population, for example the young people who practice Honjok, the earlier generations, restaurant and bar owners and other companies who have taken the opportunity to create a new, tailor-made economy fit for individuals.

Published 16th Oct 2023