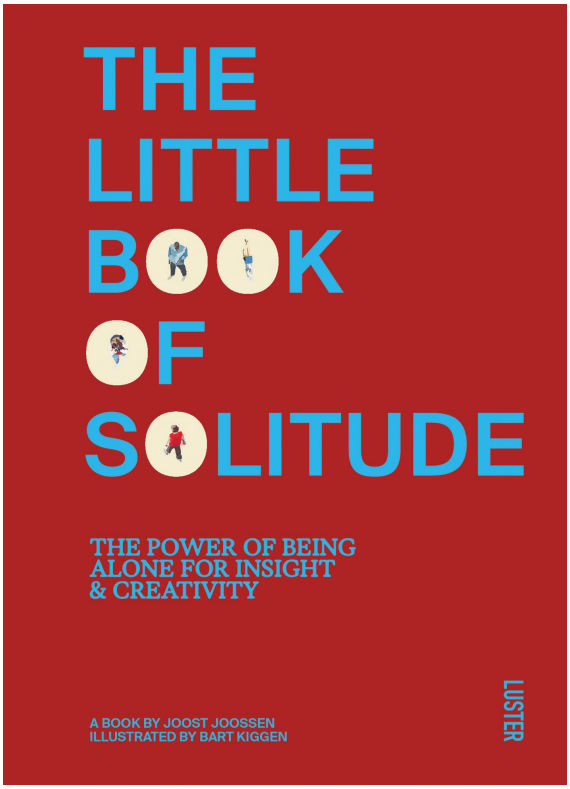
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The Little Book of Solitude

The Power of Being Alone for Insight & Creativity

Joost Joossen

ISBN	9789460583711
Publisher	Luster Publishing
Binding	Paperback / softback
Territory	World excluding Benelux, France, Germany, Switzerland and Austria; Scandinavia non-exclusive
Size	185 mm x 135 mm
Pages	240 Pages
Illustrations	30 color
Price	£22.00

- A collection of inspiring stories and quotes about the power of seclusion and how to find true peace of mind, from the author of *One Photo a Day Keeps the Doctor Away* ISBN 9789460583278

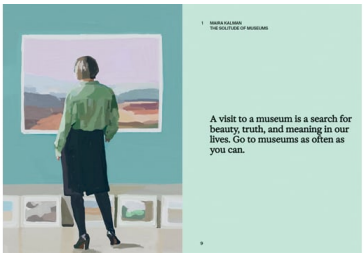
The Little Book of Solitude invites you to embrace silence and create space to breathe, unwind, reflect, and create—free from the expectations of the outside world.

Inspired by the lives of great thinkers, artists, writers, and philosophers, photographer Joost Joossen explores the many benefits of solitude. ***The Little Book of Solitude*** is a carefully curated collection of inspiring stories, quotes, and insights from 55 extraordinary individuals who harnessed the power of solitude. Among them are Nelson Mandela, James Dean, Edward Hopper, Immanuel Kant, Marina Abramović, Pina Bausch, David Lynch, Buddha, Frida Kahlo, Marcus Aurelius, and Marie Kondō.

Whether you seek a reset or are simply curious about the lives of these remarkable minds, this book reveals how solitude can fuel creativity, restore balance, and enrich your life.

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Joost Joossen is a freelance photographer who loves to read and write. For over twenty years he has been shooting for magazines, newspapers, television, NGOs, governments and advertising agencies. Joost also teaches and gives inspiring workshops on looking, seeing and being. He is the author of *One Photo a Day Keeps the Doctor Away*, ISBN 9789460583278.







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