

LONELY: LEARNING TO LIVE WITH SOLITUDE Free

Lonely: Learning to Live With Solitude – PsychologyTomorrowMagazine. Review: Lonely by Emily White. Lonely: Learning to Live with Solitude by Emily White.



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Emily White
338 pages
18 Jan 2011
HarperCollins Publishers Inc
9780061765100
English
United States

I used to practice environmental law, and am still passionate about protecting animals and wild spaces. Nov 19, Camille rated it it was ok. But consider that in an evolutionary sense, seeking loneliness would have been adaptive in a hostile environment—say the Australian outback—where one of the biggest threats would have been other people. Instead White's cause and solution are both a bit of cliché and nowhere near as helpful as they could have been, and probably aren't even a solution as you can still be lonely in a relationship as well as out of one. Want to Read Currently Reading Read. I have to work harder to make myself not be lazy and give people that are important to me a call or make plans to do something in person. I hope people will be encouraged to pick it up because it is a really excellent memoir. Psychologists have long theorized that, when the need to belong is unmet, people automatically start to pay more attention to the social world around them. Thanks for telling us about the problem. White is very good with research, but don't make the mistake that it's because of the loneliness. But interacting can be terrifying for the lonely, who are already feeling stressed and threatened. Do you think big cities or small towns are better for people with a tendency towards loneliness? White mentioned multiple times that loneliness is not just a side effect of depression; she also mentioned various studies that had been done on lonely people to see how loneliness affects them, but it only seemed I chose to read this book because loneliness is something people never talk about.

No matter how well you may think you know yourself, learning how to be alone will allow you to wade even deeper into your own self-knowledge. The author glosses over MAJOR revelations of her personal life, like the fact that she is homosexual, in just a sentence. Preview — Lonely by Emily White. Apr 05, Cynthia rated it liked it. I know a lot of people seem to think this book is a depressing read, but that's exactly the point. Loneliness is a sign of normalcy. Emily White, a successful, smart attorney, is suffering from something that looks like depression - only it's not. Just when I began to think that the author's loneliness was the expression of a psychological disorder she confirms this: it "jumped the boundary line from short-term to chronic," and then discusses the possibility of loneliness being included in the forthcoming DSM-V. Want to Read Currently Reading Read. Did you feel better when you told someone about it, or did telling someone make you feel vulnerable? They can do this through careful self-regulation. Close the novel, however, and those feelings vanish in the face of the real world, its unending barrage of unreal images of intimacy. I chose to read this book because loneliness is something people never talk about. It also made me feel a little bit less alone in my loneliness. Jan 23, Nancy rated it really liked it. She just needs the first chapters for setup, I think. Maija rated it it was amazing Nov 13, What will help someone to find a sense of belonging? Through reading this book I'm starting to understand why I even made choices that heightened my own loneliness at various times, even though that would seem counter-intuitive. The unavoidable pathos gets a little tiring, but a lot of it was incredibly resonant with my experiences, and it was exciting to see this put into words. Once one returns home, the whole experience can be more depressing than helpful. We should be grateful to her for that. Apr 23, Lynne Spreen rated it really liked it. Account Options Anmelden. I have a tendency to be independent - almost to a fault, but lately, I'm realizing that this part of my own nature doesn't entirely serve me well. No wonder that loneliness - or the various forms of loneliness explored by White: emotional, social, situational, chronic - is represented as something like a demonic force throughout this book. Her thesis is that Loneliness is an affliction separate from depression or social anxiety although sometimes coincident, that it can affect one's mental and physical health, and that we need to learn more about it, be able to talk about it as caregivers and as a society, and treat it as a unique disorder. Contact Us Use our anonymous tipline Report a book deal Contact us via email. More filters. Emily White has a corresponding blog at which she blogs about loneliness, her cats and other aspects of her life. But as you get further and further into this brave work — you think it's easy telling people you're lonely? Reading it felt like looking at myself in the mirror. Two Sentence Review: Is it possible to write a memoir about loneliness that is not depressing? Stephanie Scott is currently reading it Mar 17, Much of the book resonates with me. The more trusting someone is, the less lonely they are. To ask other readers questions about Lonely, please sign up. Another fan of passive company!