



The Little Book of Solitude

The Power of Being Alone for Insight & Creativity

Joost Joossen

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- 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 explore the meaning and impact of seclusion. Photographer Joost Joossen presents a collection of inspiring stories, quotes, and insights from extraordinary thinkers, artists and famous writers, all of whom have embraced the power of being alone. This book offers a fascinating glimpse into their minds, exploring the power of solitude and the importance of withdrawing from the hustle and bustle of daily life. Learn how inspiring figures like David Lynch, Susan Sontag but also the Japanese samurai look for and find moments of profound reflection in seclusion and how they translated these valuable insights into their work and creative expression. Whether you yearn for a moment of silence and introspection yourself or simply have a curiosity about the inner journey of remarkable minds, the content but also the carefully designed form of this book will inspire you to embrace the power of being alone and discover how it can enrich your own ideas and insights.

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.

