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We often distrust contemplation and are suspicious of solitary people and their pursuits. However, solitude can be positive. Positive solitude can provide greater self-discovery and growth by giving us the opportunity to identify our more cherished goals and to find ways to achieve them. It can give us a sense of inner peace and make us feel more in control of our lives.

LOL Positive Solitude

Positive Solitude: A Practical Program for Self-Fulfillment, by Rae Andre It is in the nature of loneliness to make us feel sad, but what's important is that we master the skill of being happy ...

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