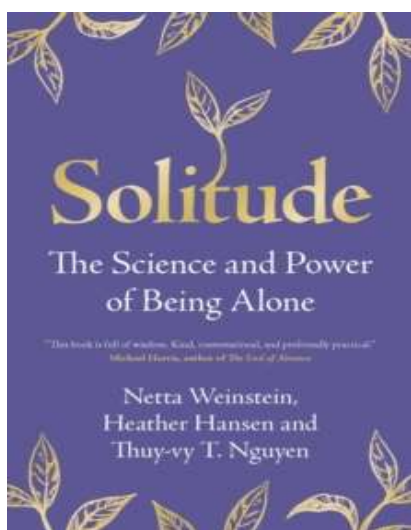




Připravili jsme pro Vás zvýhodněnou cenovou nabídku na titul, který právě vychází:

Solitude: Science and Power of Being Alone



autor Netta Weinstein, Heather Hansen, Thuy-vy T. Nguyen
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Description

The average adult spends nearly one-third of their waking life alone. How do we overcome the stigma of solitude and find strength in going it alone? Whether we love it or try to avoid it, we can make better use of that time. The science of solitude shows that alone time can be a powerful space used to tap into countless benefits.

Translating key research findings into actionable facts and advice, this book shows that alone time can boost well-being. From relaxation and recharging to problem solving and emotion regulation, solitude can benefit personal growth, contentment, creativity, and our relationships with ourselves and others. Learning what makes us better at spending time alone can help us move toward our best possible selves.