

Index

- Abbey, Edward, 32
 Addams, Jane, 137
 adolescents, 56, 152, 211, 212, 220–21
 age, impact of
 assumptions made, 208–9
 loneliness research, 209–11
 mix of *being* and *doing*, 218–19
 solitude research, 204, 211–22
 agency in solitude, 188
 Ahmad (participant), 74, 83, 142, 194
 Alex (participant), 48, 72, 103, 150
 Alice (participant), 142
 Alicia (participant), 125, 130, 142
 aloneliness, 128–29
 American Psychological Association (APA),
 180
 ammas. *See* Desert Mothers
 anchoresses, 21–23
 anchorites, 22
 Anh (participant), 150
 animism, 133
 Anna (participant), 71, 85
 Appalachian National Scenic Trail (AT),
 87–88
 Arnesen, Liv, 55–56
 Aronson, Elliot, 123–24
 arousal levels, 159–60. *See also* deactivation
 effect
 Asch, Solomon, 123
 Attention Restoration Theory (ART),
 140–45
 attentional recovery, 149–50
 authenticity
 importance of, 58–60
 meaning of, 57–58
 solitude and, 60–64
 vulnerability and, 58
 autonomous functioning, 124–25
 autonomy, 53–57, 220–21
 awe, 198–99
 Bancroft, Ann, 55–56
 Bar, Moshe, 185, 186
 Baris (participant), 61–62
 Beach, Wooster, 17
 Beckett, Samuel, 78
 beguines, 23
being and *doing*, 217–19
 benefits of solitude, 65–86
 as points on compass, 66–68
 enhancing social interaction, 41–42,
 126–28
 enrichment and creativity, 75–80
 peak experiences, 80–86
 rest, relaxation and renewal, 70–75,
 124–26
 self-reflection, 68–70, 153
 bereavement, 70, 202–3
 Bernardi, Luciano, 170
 biophilia, 138–39
 birdsong, 163, 175
 Boothby, Erica, 43
 boredom, 30, 31. *See also* mind wandering
 Brian (participant), 165
 Buchholz, Ester Schaler, 169
 Buddhism, 16, 23–24, 133, 200
 Burger, Jerry, 98–99
 Burton, Robert, 17
 Byrd, Admiral Richard, 81–82
 Cacioppo, John, 118, 127
 Cacioppo, Stephanie, 120
 Carbaugh, Donal, 167
 caregivers, 42

INDEX

- Carson, Rachel, 138
 Cate (participant), 103
 children
 solitude research, 212
 solitude with, 45–46
 choice, importance of, 88–90, 108
 Chopin, Kate, 25
 Christianity, 15, 21–23, 133–34
 Chuang Tzu, 167
 Claire (participant), 46
 Cliff (participant), 49, 102
 Coletta, Phyllis, 97–98
 Colleen (participant), 46
 Commons Preservation movement, 135
 companionate solitude, 44–46, 55–56
 competence in solitude, 220–21
 complete solitude, 39–40
 Coplan, Robert, 129
 COVID-19 pandemic
 creativity and, 78, 80, 178–79
 emphasis on relationships, 7–8
 general experiences of, 54–56, 109–10
 impact on wildlife, 176
 loneliness and, 96–98, 116–17
 opportunity to reassess, 8
 positive effects of lockdown, 127–30
 quietude and, 174–77
 self-reflection and, 69–70
 creativity
 during COVID-19 pandemic, 78, 80, 178–79
 mind wandering and, 185–86
 quietude and, 171
 solitude and, 75–80
 Crum, Alia, 189, 190
 Cumming, Elaine, 213
 curiosity, 196–99

 Dana, Charles, 137
 Daniel (participant), 192
 darkness retreats and therapies, 172–74
 Darwin, Charles, 135
 data scraping, 75
 Davis, Jennifer Pharr, 87–88
 daydreaming, 183–86
 deactivation effect, 74
 Deci, Edward, 74, 101
 default mode network (DMN), 170, 217–18
 Defoe, Daniel, 19–20
 Desert Mothers, 21
 Dickens, Charles, 93
 Dickinson, Emily, 126

 dining alone, 27, 48–51, 87, 203
 Dormer, Lady Elizabeth Anne, 23–24
 Dormer, Robert, 23–24
 Dorothy (neighbor), 109–10

 Eastern State Penitentiary, 93–94
 eating alone. *See* dining alone
 Einstein, Albert, 78, 196
 Elizabeth (participant), 69, 155, 188
 Ella (participant), 41
 Elliott (participant), 42, 63, 69, 166
 Emerson, Ralph Waldo, 28, 122, 128, 134–35, 157
 Emily (participant), 125
 emotions, positive and negative, 73
 empathy, 41–42, 127–28
 Epic of Gilgamesh, 160
 Erikson, Erik, 213
 executive attention network, 75–78
 exercise. *See* outdoor swimming; walking; weightlifting; working out
 expectations of solitude, 106–8
 extroverts, 103, 104, 187

 Facebook, 124
 Farah (participant), 196
 favorite places. *See* happy places
 Ficino, Marsilio, 17
 Fiona (participant), 148, 194
 flotation chambers, 172–73
 flow state, 155–57, *See also* peak experiences
 Foad, Colin, 109
 forest bathing, 145–46
 forest smell, 164
 Fowkes, Stuart, 175–76
 Frankl, Viktor, 95
 freedom *from* and freedom *to*, 150–55
 Freund, Alexandra, 214
 Fromm, Erich, 138
 future research, 222–23

 Gandhi, Mahatma, 59
 gardens, 28–29, 155, 172
 Gary (participant), 103, 157
 Gates, Bill, 11, 32
 gender biases, 3, 208–9
 Gerry (participant), 80
 Gestalt therapy, 121, 126–27
 Gillian (participant), 193, 208
 Gilman, Charlotte Perkins, 137
 Gilovich, Thomas, 43
 Godwin, William, 25

INDEX

- Grace (participant), 47–48
 grief, 70. *See also* bereavement
 growth mindset, 193–94
 Gruber, Matthias, 197
- Hansen, Heather, 6, 34, 36, 51, 52–53, 54, 66, 140, 141, 160, 164, 178, 196, 202, 223, 227
 happy places, 164–66
 Haq, Syed Nomanul, 134
 Harris, J. R., 131–32, 148, 151, 152–53, 154, 155–56, 157
 Heidi (participant), 191–92
 Heintun, Bente, 27
 Helena (participant), 63, 103
 Henry, William E., 213
 hermettes, 27
 hermits, 21, 29. *See also* complete solitude
 hiking. *See* long-distance walks
 Hinduism, 133
 historical overview, 13–29
 ancient Greece and Rome, 18
 early industrial era, 19
 early medicine, 17
 Enlightenment, 19–20
 gardens and hermits, 28–29
 hunter-gatherers, 14
 religious traditions, 15–17
 Renaissance, 18–19
 Romanticism, 28
 Hobbes, Thomas, 196
 Hopper, Edward, 30–31, 32
 Howard, John, 92
 Hume, David, 19
- Igiugårjuk, 89–90
 imagination network, 75–78
 inner quiet, 165–66
 Instagram, 50
 introversion, 103–4, 187
 introverts, 103
 invisibility cloak illusion, 43–44
 Islam, 15, 133–34
 Iyer, Pico, 69–70
- Jack (participant), 63
 James (participant), 193
 Jean (participant), 57
 Joni (participant), 72
 Judaism, 15, 133–34
 Julian of Norwich, 23
- Kaamil (participant), 64, 79, 102
 Kaitlin (participant), 45
 Kam (participant), 72
 Kaplan, Lily, 206–7
 Kaplan, Rachel, 144
 Kaplan, Stephen, 140–42, 144
 Kaufman, James, 185
 Kazin, Alfred, 32
 Kellert, Stephen R., 139
 Keltner, Dacher, 198
 Klineberg, Eric, 117–18
 Knutson, Kevin (Kreau), 178
 Kominsky Method, 128–29
- L’Engle, Madeline, 89
 Lambert, Marchioness de. *See* Marguenat de Courcelles, Anne-Thérèse de
 Larson, Reed, 73
 Li, Qing, 146
 lifespan. *See* age, impact of
 Limón, Ada, 176–77
 Linda (participant), 192–93, 197
 Lisa (participant), 158–60
 Littman-Ovadia, Hadassah, 217
 living alone, 96, 116–18, 204–8
 loneliness
 age and, 209–11
 connection to self and, 120–30
 COVID-19 pandemic and, 96–98, 116–17
 expectations of, 106–8
 Hopper misrepresented as, 30–31
 individualism and, 118
 introversion and, 104
 negative impacts of, 114–15
 neuroscience research, 113–14
 perception of isolation and, 115–20
 solo/social balance and, 130
 trends over time, 118–19
 twentieth-century attitudes to, 31–32
 long-distance walks, 69, 87–88, 141, 153–54, 156, 163
 Lucas (participant), 62, 196
- Maclean’s* magazine, 31–32
 Mandela, Nelson, 94
 Marguenat de Courcelles, Anne-Thérèse de, 24
 Markham, Beryl, 1–3, 6, 10
 Martin, Agnes, 77
 Mary (participant), 71, 148
 Maske, Julie, 55–57
 Maslow, Abraham, 83

INDEX

- Mass, Leslie, 153–54
 Mathew (participant), 195
 McCandless, Chris, 32, 132
 McKean, Thomas, 177
 meditation, 199–201
 Merton, Thomas, 122–23
 Mickenberg, Risa, 27
 Milgram, Stanley, 123
 mind wandering, 183–86
 mindfulness, 199–201
 mind-sets, 106–8, 189–94
 Mitchell, Silas Weir, 136–37
 Monica (participant), 79, 103, 196
 Montaigne, Michel de, 18–19
 mood states, four types of, 73
 Moses, 15
 Moskowitz, Bette Ann, 202–3
 motivation for solitude, 100
 Mozart, Franz, 72
 Mozart, Wolfgang Amadeus, 72, 76
 Mugai Nyodai, 23–24
 Muhammed, Prophet, 15
 Muir, John, 135
 Murthy, Vivek, MD, 120–21
 museums, 169
 music, silence between, 170
- nature, 157, *See also* gardens; outdoor
 swimming; peak experiences; polar
 expeditions; walking; wilderness
 experiences
 creativity and, 76–77
 downsides of, 139–40, 141
 happy places and, 164–65
 human connectedness to, 133–39
 mental benefits, 139–45, 148–49, 154–55,
 163–64
 nineteenth-century West and Rest Cures,
 136–37
 physiological benefits, 145–46
 Romanticism and, 28
 sensory impacts, 163–64
 solitude in nature, 147–57
 downsides, 141
 flow state, 155–57
 freedom from and freedom to, 150–55
 hedonic and eudaimonic benefits,
 154–55
 natural quiet, 160, 163
 nature relatedness, 147–50
 self-reflection, 153–54
 self-reliance, 154
- neurasthenia, 136
New York Times, 32, 81, 97–98, 118, 119, 120,
 206–7
 Nguyen, Thuy-vy T., 6, 34, 52, 56, 65, 74,
 182, 207, 222–23
 Nietzsche, Friedrich, 122
 Nightingale, Florence, 161
 noise, exposure to, 159–62, *See also* quiet,
 outer and inner; quietude
- O’Keeffe, Georgia, 76–77
 older people
 loneliness studies, 96, 118, 209–10
 relationship with solitude, 193–94, 202–3,
 212–16, 220–22
 Olmsted, Frederick Law, 137–38
 optimism, 192–93
 outdoor swimming, 47–48
 outer quiet, 165–66
- pack trends, 14
 paganism, 133
 partners, solitude with. *See* companionate
 solitude
 Pascal, Blaise, 182–83
 peak experiences, 80–86, 156–57, *See also*
 flow state
 Perls, Fritz and Laura, 121, 126–27
 Peter (participant), 47
 Phil (participant), 63
 Picasso, Pablo, 77
 placebo effect, 189–90
 polar expeditions, 55–56, 81–82, 89–90
 preference for solitude, 98–106
 prisoners of war (POWs), 91–92
 private solitude, 40–44
 Privette, Gail, 80
 public solitude, 47–51
 Pullin, Naomi, 24
 pure solitude. *See* complete solitude
- quiet, outer and inner, 165–66
 quietude, 167–77, *See also* silence
- Rakha, Naseem, 147–48
 Rasmussen, Knud, 89–90
 Rebecca (participant), 41–42, 46, 63–64,
 79–80
 relationships. *See* social interaction; social
 networks
 relaxation. *See* rest and relaxation
 religion, 15–17, 19, 21–23, 133–34, 148

INDEX

- research study, 1–6, 36–37, 56, 65–67, 220–21
- resilience in solitude, 180–82, 189–92, *See also* awe; *being and doing*; curiosity; growth mind-set; mindfulness; optimism; self-compassion
- rest and relaxation, 70–73
- REST chambers, 172–73
- Rest Cure (Mitchell), 136–37
- restricted environmental stimulation therapy (REST), 169, 172–73
- retreats and therapies, 47, 125, 172–74
- Rilke, Rainer Maria, 45
- road traffic noise, 161–62
- Rogers, Carl, 217
- Rush, Benjamin, 92–93
- Ryan, Richard, 74, 101
- Saint-Exupéry, Antoine de, 76, 86
- Sakhi, Shokoufeh, 94–95
- salience network, 75–78
- Salmon, Paul, 223
- Sam (participant), 42
- Samantha (participant), 63, 70, 73, 85–86
- Sandra (participant), 46, 148
- Santiago (participant), 192
- Sarton, May, 26
- Scott (participant), 42, 45, 103, 195, 197–99
- self-actualization, 83–84
- self-compassion, 195
- self-consciousness. *See* spotlight effect
- self-determination theory, 53–54, 100–1
- self-growth, 220–21
- self-reflection, 68–70, 193–94
- self-reliance, 154
- sensory overload, 159–62
- Sheila (participant), 85, 105
- Shelley, Mary, 25
- shinrin-roku*. *See* forest bathing
- Shiota, Michelle, 198–99
- silence
 health benefits, 170–72
 retreats and therapies, 47, 125, 172–74
- Silent Space movement, 172
- Singer, Jerome, 184–85
- singleness, 205–7
- single-person households, 204–8
- Skye (participant), 125, 129
- Snell, K. D. M., 204–5, 206
- social exclusion, 105, 114, *See also* loneliness
- social interaction
 balancing solitude with, 109–11, 121–24, 130
 conformity and social sway, 123–24
 human need for, 111–12
 quality vs. quantity, 214–15
 solitude as benefit to, 126–28
- social media, 50, 75, 124
- social networks, 191
- socioemotional selectivity, 214
- soft fascination, 139–45
- solitary confinement, 90–95, 144
- solitude checklist, 223–25
- solitude, definition of, 35–39, *See also*
 companionate solitude; complete solitude; private solitude; public solitude
- spotlight effect, 42–44
- Springsteen, Bruce, 111
- Stanton, Elizabeth Cady, 25–26
- Storr, Anthony, 111
- Strayed, Cheryl, 32
- Suedfeld, Peter, 168–69
- Swift, Taylor, 77–78
- swimming, outdoor, 47–48
- Synecletica of Alexandria, 21
- Taoism, 133
- teenagers, 56, 152, 211, 212, 221
- Terry (participant), 42, 108
- therapies. *See* retreats and therapies
- Thomas, Virginia, 190, 194, 224
- Thoreau, Henry David, 90, 126
- Tomás (participant), 127
- Transcendentalists, 28
- travel, solitude and, 27, 45, *See also* dining alone
- Treadwell, Timothy, 132
- Treat, Mary, 135–36
- Twitter, 75
- United Nations, Nelson Mandela Rules, 92
- Vincent, David, 19, 28, 47, 90
- Virkkunen, Paavo, 176
- Vivian (participant), 127–28
- Waldeinsamkeit, 146
- walking
 alone vs. with partner, 74
 long-distance walks, 69, 87–88, 141, 153–54, 156, 163

INDEX

- walking (cont.)
 walking in nature, 85, 142, 144–45,
 147–50, 155
 Wallas, Graham, 78
 Wegmann, Nikolaus, 146
 weight lifting, 200
 Weinstein, Netta, 5–6, 34–35, 52, 54, 65, 80,
 128, 163, 192, 222
 Wen (participant), 79
 West Cure (Mitchell),
 136–37
 wilderness experiences, 131–32, 140, 141,
 151–55, 158, 163, 166, *See also* long-
 distance walks
 Wilkinson, Eleanor, 119–20
 Wilson, E. O., 138–39
 witchcraft, 20–21
 Wollstonecraft, Mary, 25
- women
 gender biases, 3, 208–9
 living alone, 206–9
 loneliness and, 96, 116–17
 Rest Cure, 136–37
 solitude and, 18–27
 wonder. *See* awe
 Woolf, Virginia, 26, 137
 Wordsworth, William, 28
 working out, 85–86
 workplace environments, 47, 58–59, 80
- Yeoman, Thomas Harrison, 17
- Zhao, Chloé, 167–68
 Zimbardo, Philip, 123
 Zimmermann, Johann Georg, 28
 Zoroaster, 15