



# The Power of Solitude: Discovering Your True Self in a World of Nonsense and Noise

*Annemarie S. Kidder*

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In the hustle and bustle of modern life the word "solitude" may provoke a sigh of relief or the anxiety of loneliness. Dr. Kidder has found that a significant dimension of our spiritual lives is most deeply encountered in solitude. Married, single, or recently divorced -- all of us can find opportunities for solitude that offer a unique opportunity for personal growth and encounters with God. Themes include: romantic allure as a substitute for spirituality; the loner syndrome; cultural conditioning; coupling, co-habitation, and community; fear of loneliness; overachieving; the search for intimacy; the search for sexual fulfillment; Biblical roots; Jesus, the solitary person; Mary and the Annunciation; Mary Magdalene in the Gospels, the Gospel of Thomas, and the DaVinci Code; Augustine, Luther, and Calvin; evangelicalism; prayer, song, drama; spiritual direction; meditation; tending to the body; vows and covenants of temporary/long-term abstinence; and coping with opposition.

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