

## Contents

<i>Note to the Reader</i>	vii
Introduction	1
1. Solitude Is Not Just for Hermits, Poets, and Billionaires	14
2. Everyday Solitude for Everyday People	42
3. What Makes Solitude Great?	64
4. Mapping the Benefits of Solitude	80
5. What's Choice Got to Do with It?	107
6. Balancing Solitude with Social Time	134
7. Super/Natural Solitude	162
8. Finding Your Happy Place in Solitude	195
9. Can We Get Better at Being Alone?	220
10. Solitude across a Lifetime	250
<i>Acknowledgments</i>	279
<i>References</i>	281
<i>Index</i>	335