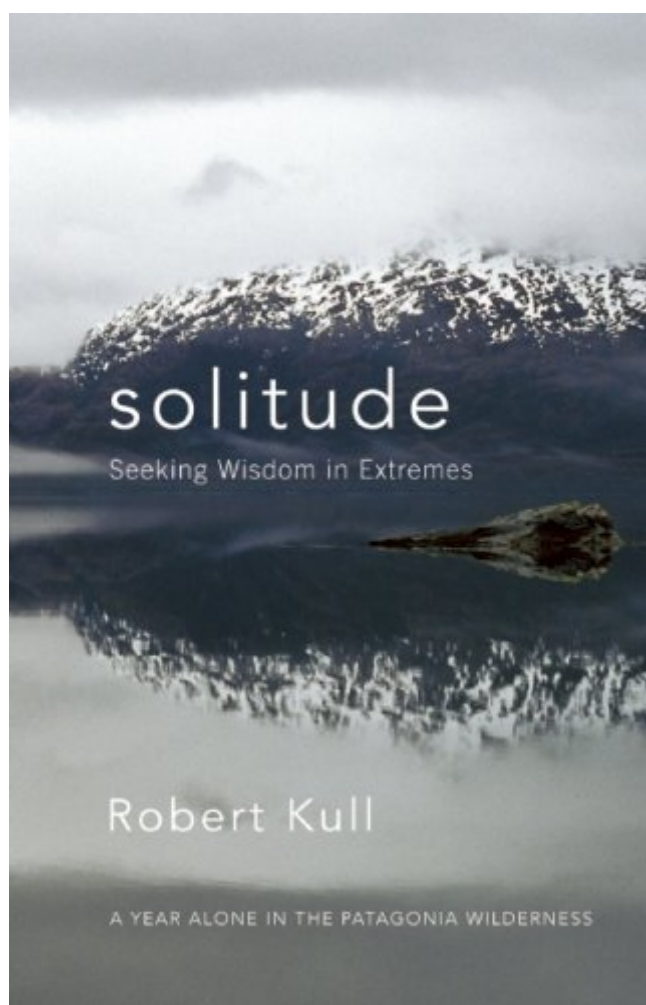


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# Solitude: Seeking Wisdom In Extremes – A Year Alone In The Patagonia Wilderness



## Synopsis

Years after losing his lower right leg in a motorcycle crash, Robert Kull traveled to a remote island in Patagonia's coastal wilderness with equipment and supplies to live alone for a year. He sought to explore the effects of deep solitude on the body and mind and to find the spiritual answers he'd been seeking all his life. With only a cat and his thoughts as companions, he wrestled with inner storms while the wild forces of nature raged around him. The physical challenges were immense, but the struggles of mind and spirit pushed him even further. *Solitude: Seeking Wisdom in Extremes* is the diary of Kull's tumultuous year. Chronicling a life distilled to its essence, *Solitude* is also a philosophical meditation on the tensions between nature and technology, isolation and society. With humor and brutal honesty, Kull explores the pain and longing we typically avoid in our frantically busy lives as well as the peace and wonder that arise once we strip away our distractions. He describes the enormous Patagonia wilderness with poetic attention, transporting the reader directly into both his inner and outer experiences.

## Book Information

File Size: 735 KB

Print Length: 396 pages

Page Numbers Source ISBN: 1577316320

Publisher: New World Library (October 5, 2010)

Publication Date: October 5, 2010

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B002V0WUA0

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #206,295 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #5

in Kindle Store > Kindle eBooks > Nonfiction > Travel > Central & South America > South

America > Argentina #32 in Books > Travel > South America > Argentina > General #76

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## Customer Reviews

I just have finished book Solitude: Seeking Wisdom in Extremes. I want to say i have been deeply moved by it. The deepest impression left, is an impression of courage. Moving alone to Patagonian isle requires strength of character, but what I find even more daring, is writing and publishing so deeply personal book.

Just started reading it, very different than " The stranger in the woods" . I love reading it so far!

Book inspired me to go a 300mile backpacking adventure! It's a must read if you're into adventures of the spirit.

What a fantastic book. I've read it twice and I'll probably read it again!

In this genre, I tend to read a lot of the accounts of hikers (AT / PCT thru-hikers, etc.), but I also read Thoreau, Kerouac, and many others. Too often, "outdoors" books conspicuously avoid the difficult spiritual matters surrounding our relationship to nature. This book was refreshingly honest about such things-- even Thoreau (the maestro) tends to overdo the optimism and leaves out the warts, so to speak. After all, nature can be brutal, and our relationship to it troubled. Kerouac too, soars gleefully over the surface of spiritual issues as he climbs mountains in Dharma Bums, but Kerouac is redeemed by amazing prose and robustness. Kull's book is honest to a degree that he risks alienating his readers and is an important book precisely for that reason. He confronts head-on the anxiety that can surround us in a natural world that is not always idyllic!By the way, another great book on sprituality, nature, and our perverse modern lifestyle is called Wild Hunger: The Primal Roots of Modern Addiction by Bruce Wilshire (addiction here being lots of behaviors, shopping, TV watching-- not just substance abuse). Check it out, if you have a chance.

solitude: seeking wisdom in extremes, is a non stop read. He lets us know how he lives with his cat and his solitude without preaching how it ought to be done. i appreciate his honesty and his relationship with the environment and himself. Usually i'm not interested in memoir, journal. yet, i find i could not put the book aside and i savor the read as if i were there with him.

Kull didn't write this book so that others could find serenity. He doesn't promise anything. However, it's an exciting story and an intriguing look into the mind of a fascinating author.

Like this book and reading about things like this. Book gets a little long towards the middle and seems to ramble too much at points. Same stuff each day, Got up ate went to bed over and over

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