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Solitude is the diary of Kull's tumultuous 12 months in addition to a meditation at the tensions among nature and know-how, isolation and society. With humor and brutal honesty, Kull explores the ache and longing we commonly keep away from in our busy lives in addition to the peace and beauty that come up when we strip away our distractions.

### **Solitude: Seeking Wisdom in Extremes: A Year Alone in the**

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's been seeking all his life.

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Order Solitude from Amazon.com: Solitude Seeking Wisdom in Extremes Solitude is published by: New World Library Born in Ventura, California, Robert Kull has spent years wandering North and South America working as a scuba instructor, travel guide, construction worker, logger, community organic gardening teacher, truck driver, bartender, dishwasher, firefighter, photographer, and professor.

### **New Book - Solitude - Seeking Wisdom in Extremes**

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