



Solitude: Seeking Wisdom in Extremes - A Year Alone in the Patagonia Wilderness

Robert Kull

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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.

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Spent a free time for you to be fun activity to try and do! A lot of people spent their spare time with their family, or their friends. Usually they undertaking activity like watching television, planning to beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Do you wish to something different to fill your own free time/ holiday? Might be reading a book may be option to fill your no cost time/ holiday. The first thing you will ask may be what kinds of e-book that you should read. If you want to test look for book, may be the e-book untitled Solitude: Seeking Wisdom in Extremes - A Year Alone in the Patagonia Wilderness can be fine book to read. May be it can be best activity to you.

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