



Celebrating Solitude

By Rachel Astarte Piccione

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Solitude is not a retreat from the world, but rather a way to recharge our energies—our Holy Selves—for the world. Many of us have so many obligations that we spread ourselves too thin, inviting a tremendous amount of stress into our lives. Although we may fantasize about a few moments of peace for ourselves, the reality seems impractical, pointless, or even selfish. According to personal development coach and educator Rachel Astarte Piccione, nothing can be further from the truth. When we take even a few minutes a day to discover and honor our true selves, we develop an endless resource for giving to all around us. It's when we don't take time to regroup that we end up burned out and still trying to give when there's nothing left. Part how-to, part memoir, Piccione's guide to developing a regular Solitude Practice helps readers understand why alone time is essential. It leads the way toward carving out time for ourselves, and offers suggestions for what to do during our practice that will help us develop the highest self we can be.

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Celebrating Solitude By Rachel Astarte Piccione Bibliography

- Sales Rank: #5439701 in Books
- Published on: 2012-12-03
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .33" w x 5.25" l, .35 pounds
- Binding: Paperback
- 132 pages

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Editorial Review

About the Author

Rachel Astarte Piccione is a transformational life coach and author of both fiction and non-fiction books, all of which promote individual healing and wellness. Recent titles include, "Celebrating Solitude," "The Bride of Manhattan," and "The Exchange." Rachel contributed to Dr. Bernie S. Siegel's 2011 anthology, "A Book of Miracles: Inspiring True Stories of Healing, Gratitude, and Love." She was also a nominee for the Pushcart Prize in Poetry and was the 1996 Poet Laureate of Bucks County, Pennsylvania. Her practice, Healing Arts New York, is based in New York City, and offers online sessions and seminars for individuals and couples.

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