**In Search of Solitude**

 **I have been enjoying solitude for several years without knowing it. Needless to say, my attitude concerning solitude has changed. Which is why I have titled my whole body of work, “In Search of Solitude”. Solitude is now a driving force in my images.**

**I will continue searching for Solitude, wish me luck and I hope that you will enjoy the fruits of my search.**

The following are excerpts in an article on psychologytoday.com titled “What Is Solitude?”.

 **“Solitude is the state of being alone without being lonely. It is a positive and constructive state of engagement with oneself. Solitude is desirable, a state of being alone where you provide yourself wonderful and sufficient company.**

**Solitude is a time that can be used for reflection, inner searching or growth or enjoyment of some kind. Deep reading requires solitude, so does experiencing the** [**beauty**](http://www.psychologytoday.com/basics/beauty) **of nature. Thinking and** [**creativity**](http://www.psychologytoday.com/basics/creativity) **usually do too.”**

**“Solitude restores body and mind. Lonelinesss depletes them.”**

Marc