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Lars Fr. H. Svendsen

## *A Philosophy of Loneliness*

A Philosophy of Loneliness

This book investigates both the positive and the negative sides of loneliness.

Loneliness can be described as a social abstinence, a feeling of discomfort or pain which tells us our need to connect with others is not being satisfied. This is a universal human experience, described in film and music and in texts ranging from *The Old Testament* through to contemporary literature.

Are there aspects of modern society which encourage loneliness or is it more of a constant aspect of human existence? Is there such a thing as good loneliness and bad loneliness? If so, perhaps modernity's greatest problem with loneliness is not that there is too much of the bad, but rather too little of the good?

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### Lars Fr. H. Svendsen

Lars Fr. H. Svendsen (b. 1970) is a doctor of philosophy and professor of philosophy at the University of Bergen. He is also an internationally bestselling non-fiction author, with a unique ability to communicate difficult contemporary and international topics in a straightforward way. Svendsen has received several prizes for his work, and his books have been translated into more than 25 languages.



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