



Intimacy and Solitude: Balancing Closeness and Independence

Stephanie Dowrick

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Intimacy and Solitude is the international bestseller that helps you enjoy closeness with others, while maintaining a firm sense of independence. Using stories from her psychotherapy practice and her own life, Stephanie Dowrick shows how intimacy begins in discovering and trusting your own self, and then bringing that personal strength into one's relationships with friends, family, and lovers.

Intimacy and Solitude: Balancing Closeness and Independence Details

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From Reader Review Intimacy and Solitude: Balancing Closeness and Independence for online ebook

Wendy says

I came across this book right before I went away for 2 weeks solo retreat. She is a brilliant writer a book that explores the importance of the balance of solitude and intimacy in life and how important it is to be comfortable with solitude and getting to know and love self to be successful in intimacy. I am now reading another of hers. Highly recommend this author.

Jamie says

I think whoever you are and whatever you're thoughts and feelings about relationships or the lack thereof, this is an essential read. It is quite psychoanalytical, and I didn't feel it was written in the most straightforward way, or perhaps it was more that I was not able to understand it as straightforwardly as I'd have liked. I will need to read this again to fully absorb it!! That all said, it is one of the better books I've read for understanding relationships and I would definitely recommend it!

Matthew Ng says

Reflective read on perceptions and motivation. the book touched on self perception, self projection unto others, others perception on self. the book argues that without healthy self perception, there can be no real intimacy. the other will only be consumed into the self, in an attempt to complete it. the result is a muddled we-self, which is no satisfactory for either party. differentiation, through solitude, is important.

The book also touched on desire. it covered sex as a pretext of desire, illuminating the fact that sex is not the start-all, but the desire of it. it further on to say how desires reflect who we are. this emphasis would go back to our self projection.

Mark says

Much anxiety, anger, sadness and related dysfunctional thoughts and behaviors arise from an insufficiently clear sense of one's identity. Using refreshingly plain (non-clinical) language and a wealth of examples, Dowrick clarifies what it means to function as a well-formed individual maintaining a distinct sense of self while participating in healthy relationships with others.

I'm in my second rereading in twenty years and wonder why I haven't made reading it an annual tradition. There are many layers of helpful insights most readers should easily relate to.

Yvonne Anderson says

I am almost finished. There were parts I loved about this book and parts I found really dry. It has taken me ages to get through it.

Jonelle says

This book is a great look into how the early development of the self can affect your ability to experience intimacy or solitude. For those with too little self can muddle their identity within the relationship creating a we-self. People who experience muddled relationships are afraid of loneliness so they experience love with fear which interferes with intimacy. Vulnerability is needed in order to experience intimacy which can not be possible with fear. Of course too much of a good thing is also bad. For being overly concerned with yourself limits your experience of intimacy as well. The point of this book is that one must overcome this fear of loneliness through solitude. Therefore, intimacy can then be experienced without the need to muddle a relationship out of fear of losing that person. Intimacy is then possible because one has an identity that is not defined by the partner or the relationship.

Erin Kelley says

I'm better for having read this. It's a dense, slow read partly because of the effort required to process all the provocative ideas. Worth it, though, if you're in an introspective phase and ready to grow. It has academic and psychoanalytic elements alongside a personal and highly accessible writing style. It illuminated a better way of knowing and honoring boundaries and vulnerabilities in my relationships with others and with myself. I made a lot of marks on its pages, noting the many wise passages I want to revisit. Not for everyone, but definitely for me.

Mounir says

A very good book on relationships, about the continuous conflict between being alone and being with others, and also about having a healthy relationship with oneself. As the author shows, our relationship with ourselves is automatically reflected in our relationship with others.

Charlane Brady says

I read the book in 1994 after a life-changing event and this book helped me understand intimacy.

Dowrick provides insight into relationships - with self, parents, partners and the public - and she had me evaluating my life without even realizing it. Which was nice. I realized I held the key.

The chapters flow well and are perfectly in sync.

"Without a reliable sense of self, relationships may feel dangerous: you could easily be overwhelmed, entrapped or even lost. Without a reliable sense of self, you may also be inclined to fall for the seductive illusion that greater and more desirable than an I-self is a we-self...."

Summer says

This one is going slowly. what a facinating area of study and the author is coming up with some intriguing evedince, but she's writing as though it's a school paper - a really long one at that and I find that I have to re-read paragraphs to understand it's full meaning. I'm also not that fond of her personal story which although is the reason for her research, it's not necessary to the concept of the book.

Alisa says

If this is the only book you read this year you will have made an excellent choice.

Jonathan Solomon says

What an extraordinary book. This is one of those few books, when after reading you say "this book has changed the way I view the world". The emotional depth of this book and its many insights are still relevant today. Stephanie articulates very clearly the quandaries we can find ourselves in, and somehow provides a torch, like a guide, in how we may resolve and move on from difficult situations.

Dieu-Hoa Nguyen says

Tác gi? nh?n m?nh r?t nhi?u v? vi?c nh?ng g?i x?y ra khi c?n th? u ?ã ?nh h??ng ??n ng??i tr??ng th?n nh? th? n?o. Sau t?t c? nh?ng g?i m?nh tr?i nghi?m th? m?nh ??ng ý v?i ?i?u ?6.

Khi ??c v? c? ??n, t?t c? nh?ng g?i c?n ??ng l?i trong m?nh l?i c? ??n th? kh?c c? ??c. M?nh kh?ng ??n ?i c? ??n nh?ng ch?a th? s?ng c? ??c ??c. R?i khi ??c c? ??n th? c? mong ch? m?i ?? ??n ph?n g?n b?, nh?ng th?c ra v?n ?? trong 'g?n b?' d??ng nh? kh?ng ph?i l?i c?a m?nh. Tác gi? n?i nhi?u v? t?nh d?c v? nh?ng r?c r?i m? n? mang l?i cho c?c c?p ?oi. M?nh th?m ch?i c?n ch?a c? tr?i nghi?m v? n? m? c? v?n ??.

M?nh c? ??c m?i, ??c m?i. ??n m?t c?u chuy?n n?o ?ó c? b?ng d?ng c?a m?nh trong ?ó th? s? ?ánh d?u l?i v? v? hy vong ph?n ti?p theo t?c gi? s? quay tr? l?i v?i nh?n v?t ?ó v? ch? ra h? ?ã l?m th? n?o ?? v??t qua hay t?c gi? ngh? nh? th? n?o th? h? s? ?n. Nh?ng r?i m?nh nh?n ra l?i t?c gi? c?ng ch? ??n m?c m? t? v? ch? ra nguy?n nh?n l?i c?n th?i (v? l?c n?o nguy?n nh?n c?ng d?nh l?u t?i tu?i th? c?a nh?n v?t), c?n th? ngo?i g?p m?t b?c s? t?m l?i cho ri?ng v?n ?? c?a m?nh ra th? c? ai m? tr? l?i cho v?n ?? c?a ri?ng m?nh ngo?i tr? m?nh ?âu.

Warren Gossett says

The author Stephanie Dowrick has written several books on creative writing, relationships, marriage and therapy. This book explores the various approaches to intimacy and solitude of current areas of psychotherapy. She is a publisher and has applied energetic curiosity to her London based research and her own experiences in psychoanalysis. I love the way she looks at many branches of psychotherapy. It is worth being as honest and reflective as you can to be self aware and to be aware and empathic of others. I am reminded of the imagined reaction if you could read minds of your intimates and associates. Some would feel like they were going crazy. The lucky patient and reflective persons would take a deep breath and say hello. And it wouldn't have to be complete telepathy or mind reading. Just try going a few steps beyond reading body language and listening carefully. Try to see more of the real mental, spiritual and emotional life within ourselves and within the people we meet and live with.

JD says

While the entirety of the book wasn't what I was looking for, the parts I found most interesting were helpful in identifying some personal issues I had. Though dense, it's not particularly difficult to follow. A solid read overall on the topics.
