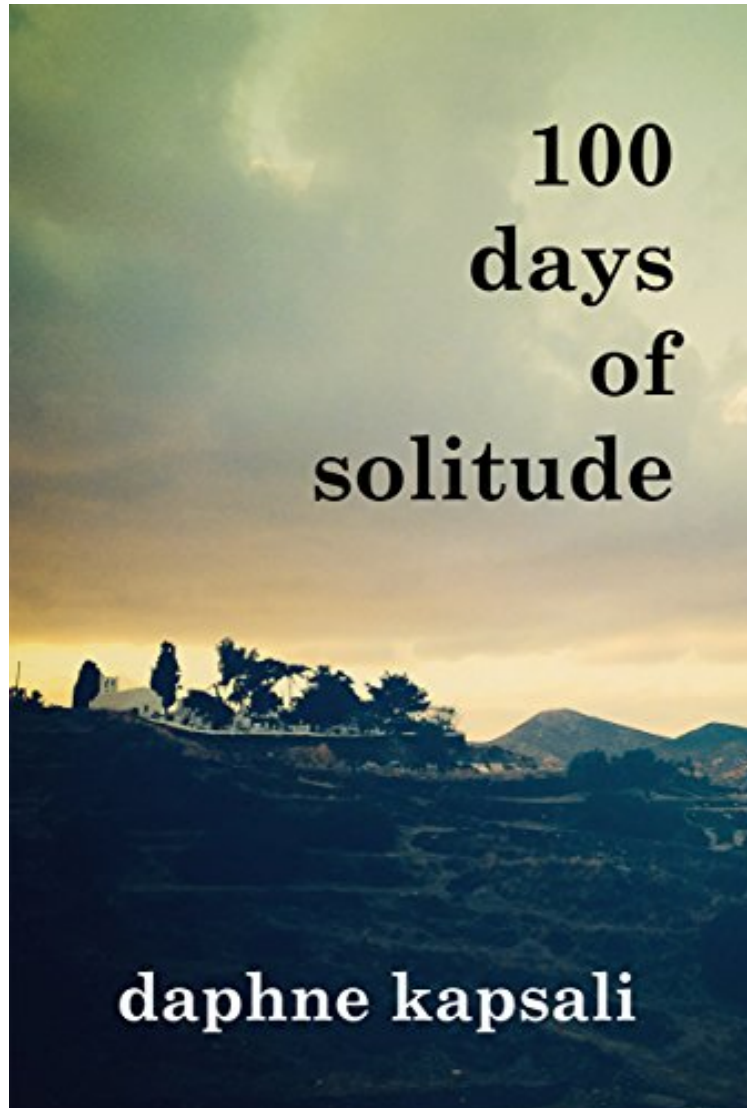


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100 days of solitude (English Edition)

Von Daphne Kapsali
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Von Daphne Kapsali : 100 days of solitude (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised 100 days of solitude (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Witty and tender read. The sweetness on a Greek island captured wonderfullyVon KundeVery light and sweet description of the solitude life on a Greek island. Witty and indepth at the same time. Enjoyed it a lot.2 von 2 Kunden fanden die folgende Rezension hilfreich. witzig, wunderschn geschrieben und herzergreifendVon Iris100 days of solitude ist ohne Zweifel eines der besten Bcher, das ich in den letzten Jahren gelesen habe.Genau das Richtige, wenn man mal wieder

richtig in ein Buch eintauchen will. Die Autorin beschreibt ihr Leben auf der Insel Sifnos. Dorthin hat sie sich zurückgezogen, um sich in 100 Tagen zu beweisen, dass sie das Zeug zur Schriftstellerin hat. Dabei beschreibt sie die kleinen Alltagswunder auf der Insel, ihre Selbst-Zweifel und philosophiert wunderschön über Träume und alles Wichtige im Leben. Wirklich ein unglaublich gelungenes Buch. Nach dem Lesen fühlte ich mich hoffnungsvoll und irgendwie zufrieden mit dem Leben. Es hat mich wirklich berührt - und es war humorvoll und einfach zu lesen. 100% Empfehlung! 0 von 0 Kunden fanden die folgende Rezension hilfreich. Left me feeling hopeful Von Anna I thoroughly enjoyed this book. I stumbled across it at the most opportune moment and discovered Daphne's 100-day journey in one sitting. Her gentle and unvarnished voice is a joy to read. I was anxious to find out whether she has since written more and was delighted to discover not only one but several subsequent publications - two of which are waiting for me to finish this review to get back to them. Daphne Kapsali, you are a writer, and a tremendously good one at that!

Kurzbeschreibung If you have ever stopped yourself doing something you love because now just isn't the right time, read this book. A personal journey that inadvertently became an accidental self-help guide to doing what you love and living as your true self, whoever that might turn out to be, 100 days of solitude is inspiring thousands of people to claim the time and space they need to find themselves and live their best lives. This is not one of those 100 day challenges, nor is it about hardship and isolation and going off the grid; if anything, it's the opposite of that. In giving up her life in London to spend 100 days living alone on a small Greek island, Daphne was searching for a better way to live, and for deeper connections with her true self and those around her. The things she gave up turned out to mean very little, and most of the challenges she faced came from within, from her own preconceptions and the Antagonist that we all carry around in our heads. Part memoir, part fiction, part philosophy and part travel writing, 100 days of solitude is a collection of one hundred stories, all of them connected and each one self-contained. One hundred essays on choosing uncertainty over security, change over convenience, seeing things for what they truly are, and being surprised by yourself; on love, loss, death and donkeys; on reaching for your dreams, finding enlightenment on a rural road, peeing in public, and locking yourself out of the house; on dangerous herbs, friendly farmers, flying Bentleys and existential cats; and on what it feels like to live in a small, isolated island community through the autumn and winter, to live as a writer who actually writes, and to live as your true, authentic self, no matter who that turns out to be. And to write your own story, the way you want it told; to find your voice, and the courage to let it be heard.

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ber den Autor und weitere Mitwirkende Daphne Kapsali is a writer, reluctant yogi, and pathological optimist - among many other things. In 2014, she gave up her life in London to spend the autumn and winter writing on a remote Greek island; the result, a book entitled 100 days of solitude 100 separate and interconnected stories on claiming the time and space to live as your true self and do what you love was published in March 2015 and has become an unexpected bestseller. She has since published another five books, all of which are available from . Daphne is a big fan of the law of attraction, the universe and all things positive, and hopes her story will keep inspiring others to overcome their fears and limiting beliefs, and live their best lives.