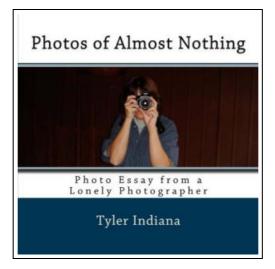
Photos of Almost Nothing: Photo Essay from a Lonely Photographer (Paperback)



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Reviews

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PHOTOS OF ALMOST NOTHING: PHOTO ESSAY FROM A LONELY PHOTOGRAPHER (PAPERBACK)



Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Some philosophers say that we are all lonely. We usually come into the world alone. We die alone. And in between we are the only person living in our body. Mental health practitioners often say loneliness is linked to depression. People who are lonely usually have many other conditions, such as self-destructive and suicidal tendencies. Studies have shown that chronically lonely people have a lot of physical disorders, including digestive problems, high blood pressure, and heart disease. A lot of people see loneliness as a problem that requires fixing, usually with drugs or therapy. Most people don t realize that there are some people who are okay being lonely. Some people actually thrive when they re lonely. This is me. I need space in order to think and see clearly. I love being alone and actually, I seldom experience loneliness. But when I do, it s okay. There is a little melancholy, but that helps me get more in tune with myself. I look deeper and learn more. These photos were taken when I was feeling lonely. They visually represent the clean and quiet state of my mind. My photos show that loneliness is not a bad place at all. It s appealing in a melancholy way. It s a beautiful place without distractions where I can put my head in order. Don t be afraid to enjoy these photos. Yes they are simple. You may find yourself wishing for a distraction. But if you stop and relax for a while, you may find the appealing solitude I live with every day.

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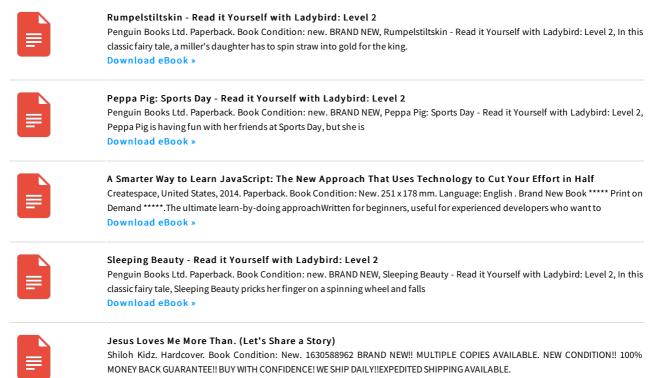
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