

Loneliness Reading List

This annotated Bibliography is to lead you through your own process of discovery with loneliness and the relevant reading that is available.

Bayda, Ezra

“At Home with Yourself.”

Tricycle, January 10, 2019. <https://tricycle.org/magazine/at-home-with-yourself/>

A segment of her book, *Aging for Beginners*, that directly discusses the fundamental loneliness of being human - and how to conquer that with intentionality.

Dumm, Thomas L.

Loneliness as a Way of Life.

Cambridge, MA: Harvard University Press, 2010.

Political Theorist and professor Thomas Dunn meditates on what he calls the modern problem of loneliness as he reflects on his own personal state. Compelling and well-written, Dunn goes through Shakespeare, *Moby Dick*, *Death of a Salesman*, and other great works in the lens of his definition of loneliness.

BBC Culture

“How to Make the Most of Loneliness.”

<https://www.bbc.com/culture/article/20210528-how-loneliness-can-help-creativity>

An interview of artist Tracey Emin and an overview of her then opening exhibit *The Loneliness of the Soul*. Meditates on the quandary of an artists needing meaningful relationships and requiring solitude to connect with their art.



Johnson, Fenton.

At the Center of All Being: Solitude and the Creative Life.

New York, NY: W. W. Norton, 2020.

Personal reflections on a solitary life, interwoven with the stories of other artists and thinkers that also lead solitary lives. Includes discussions on Henry David Thoreau, Paul Cézanne, Walt Whitman, Henry James, and others.

Laing, Olivia.

The Lonely City: Adventures in the Art of Being Alone.

Edinburgh: Canongate Books, 2017.

Olivia delves deep into the lives of a number of artists, including Edward Hopper, Andy Warhol, David Wojnarowicz, and others while contemplating her own loneliness in the face of a trans Atlantic move to New York and the death of an intimate relationship.

Laoghaire, Áine Ní.

“The Tortured Artist Myth: How Creativity Really Works.”

The Irish Times, July 17, 2015.

<https://www.irishtimes.com/culture/stage/the-tortured-artist-myth-how-creativity-really-works-1.2287537>.

Discusses the artist suffering for art myth, and reflects on the artist as craftsman model as a healthier alternative.

Lynley.

“Loneliness in Art and Storytelling.”

SLAP HAPPY LARRY, September 26, 2021.

<https://www.slaphappylarry.com/loneliness-art-storytelling/>

A review of artwork, stories, and other media that depicts loneliness, along with a brief psychologically based explanation of the different types.



Panday, Saprina.

“An Artist’s Torment: How to Harness & Accept Creative Loneliness.”

The Roots Of Loneliness Project, September 7, 2020.

<https://www.rootsofloneliness.com/creative-artist-loneliness>.

Concrete steps for accepting loneliness and how to use it to fuel artistic discovery.

Panday, Saprina.

“Solitude vs. Loneliness: How to Be Alone without Feeling Lonely.”

The Roots Of Loneliness Project, October 25, 2021.

<https://www.rootsofloneliness.com/solitude-loneliness>.

Discusses the difference between solitude and loneliness and how to move loneliness toward solitude. Includes actionable steps to avoid loneliness.

Storr, Anthony.

Solitude: A Return to the Self.

New York, NY: Free Press, 2005.

This book has more in-depth knowledge about the psychological backing to solitude, while having small gems of wisdom throughout. Great for giving the why to the internal processes of solitude.

