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Subject: Re: Benefits of solitude

Posted by [SamW](#) on Wed, 16 May 2018 10:43:48 GMT

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There are a lot of benefits to solitude and I seek it regularly. With reference to your friends from childhood whom you are now finding 'fake' that can happen, and I've experienced something similar. I don't know whether I'd use the word 'fake' - but things just seem shallow with some people with whom I once had meaningful relationships.

It struck me that I might seem more shallow (or 'fake') to them. The periods of solitude can reconfigure relationships and friendships that maybe we have begun to take for granted.

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