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Subject: Re: Benefits of solitude

Posted by [Rusty](#) on Sun, 17 Jun 2018 14:51:57 GMT

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I think there's too many people much less people I do not wish to spend the time that I did in their presence with. All part of living I believe. I like taking hikes within the urban trails available to me during cooler weather. Some semblance of nature surrounding you seems to be soothing to the mind. And a good hike is invigorating to the body as well.

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