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Subject: Re: Benefits of solitude

Posted by [Rusty](#) on Sun, 21 Oct 2018 15:23:49 GMT

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Here's an interesting approach to solitude, from an article in BBC travel. Go to, or live in Finland. Finnish culture does not indulge in small talk, (which could eliminate quite a bit of boring phony conversation). To them according to the article, "The Finnish don't believe in talking bullshit." and one of their national sayings is, "Silence is gold, talking is silver". If you want get to know a Finn, take your clothes off and get in a sauna with them. "With clothes on the bets are off", a picture with a couple says. Think I'm going to put Helsinki down on my bucket list.

<http://www.bbc.com/travel/story/20181016-how-the-finnish-survive-without-small-talk>

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