

THE ART OF BEING ALONE

*Solitude is my home,
Loneliness was my cage*

RENUKA GAVRANI

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Solitude is my Home
Loneliness was my Cage

Renuka Gavrani

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Dedication,

To all the people who are caged in their own minds

Acknowledgment

This book wouldn't have been possible without my support. I know it's a weird acknowledgment because most people credit their success to someone they love the most. Well, the thing is, I love myself the most for standing by myself when I couldn't find anyone. When no one was there and I was surrounded by self-doubts, uncertainty, and a dark future, I didn't give up on myself; for that, I want to thank myself. I want to thank myself for fighting hard against my own mind and doubts. I want to thank myself for doing everything it took to transform my dreams into my reality.

I also want to thank my Instagram followers & Medium readers who have showered immense love on all my articles & posts. A big thanks for making me feel so loved and confident. Without my readers, I am anyway, nothing.

Introduction

Dr. Vivek Murthy, former Surgeon General of the United States, recently wrote, “*Loneliness and weak social connections are associated with a reduction in lifespan similar to that caused by smoking 15 cigarettes a day*”. In fact, there is a huge amount of evidence showing individuals who report feelings of loneliness are more likely to have health problems later in their life.

When the idea of writing this book came to my mind, I decided that I wouldn’t write a book that speaks data but rather a book that speaks from one heart to another heart. That’s what you need, right? You don’t care how many people in the world are lonely. You care about how you can deal with your loneliness.

Well, that’s the first problem. Why is loneliness considered such a taboo in our society? **Why do you hate the idea of being with yourself so much that ‘the time you spend with yourself is now considered as loneliness’** and there should be some instant hacks and techniques to deal with it? How can the idea of being with yourself make you feel scared?

Honestly, I have no authority to ask these questions. I wasn’t very nice to myself either. I used to think that there was something wrong with me and that was the

reason people left me. And if I can fix that ‘wrong’ thing in me, perhaps, people will stay.

Though, after spending a long time on my own, figuring out my personality and thoughts, I realized that I am a pretty good person. I like being with myself. And I always did. I always loved spending time in my room, reading my books, and wandering to a distinct place that only I am aware of. That always felt luxurious to me.

I dug deeper into my past, studying why I hated the idea of being on my own, and why I tried to make friends when I never wanted a big group. I am