

Stillhet i stÃ¸yens tid. Gleden ved Ã stenge verden ute

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✓ Verified Book of Stillhet i stÃ¸yens tid. Gleden ved Ã stenge verden ute

## Summary:

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Behind a cacophony of traffic noise, iPhone alerts and our ever-spinning thoughts, an elusive notion - silence - lies in wait. But what really is silence? Where can it be found? And why is it more important now than ever?

Erling Kagge, the Norwegian adventurer and polymath, once spent 50 days walking solo in Antarctica with a broken radio. In this meditative, charming and surprisingly powerful book, he explores the power of silence and the importance of shutting out the world.

Whether you're in deep wilderness, taking a shower or on the dance floor, you can experience perfect stillness if you know where to look. And from it grows self-knowledge, gratitude, wonder and much more.

Take a deep breath, and prepare to submerge yourself in Silence. Your own South Pole is out there somewhere.

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