



How to Be Alone

Tanya Davis, Andrea Dorfman

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Since its debut on YouTube, Tanya Davis's beautiful and perceptive poem "How to Be Alone," visually realized by artist and filmmaker Andrea Dorfman, has become an international sensation. In this edition of *How to Be Alone*, they have adapted the poem and its compelling illustrations for the page in a beautiful, meditative volume—a keepsake to treasure and to share.

From a solitary walk in the woods to sitting unaccompanied on a city park bench to eating a meal and even dancing alone, *How to Be Alone*, reveals the possibilities and joys waiting to be discovered when we engage in activities on our own. As she soothes the disquietude that accompanies the fear of aloneness, and celebrates the power of solitude to change how we see ourselves and the world, Tanya reveals how, removed from the noise and distractions of other lives, we can find acceptance and grace within.

For those who have never been by themselves or those who embrace being on their own, *How to Be Alone* encourages us to recognize and embrace the possibilities of being alone—and reminds us of a universe of joy, peace, and discovery waiting to unfold.

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