



Silence: In the Age of Noise (Hardback)

By Erling Kagge

Pantheon Books, 2017. Hardback. Condition: New. Language: English . Brand New Book. What is silence? Where can it be found? Why is it now more important than ever? In 1993, Norwegian explorer Erling Kagge spent fifty days walking solo across Antarctica, becoming the first person to reach the South Pole alone, accompanied only by a radio whose batteries he had removed before setting out. In this book, an astonishing and transformative meditation, Kagge explores the silence around us, the silence within us, and the silence we must create. By recounting his own experiences and discussing the observations of poets, artists, and explorers, Kagge shows us why silence is essential to sanity and happiness--and how it can open doors to wonder and gratitude. (With full-color photographs throughout.).

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