

Silence

In the Age of Noise

Erling Kagge



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## **Book details**

Author : Erling Kagge Pages : 160 pages Publisher :  
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## **Synopsis book**

What is silence? Where can it be found? Why is it now more important than ever? In this astonishing and transformative meditation, Erling Kagge, famed Norwegian explorer and the first person to reach the South Pole alone, 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 our sanity and happiness--and how it can open doors to wonder and gratitude.

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