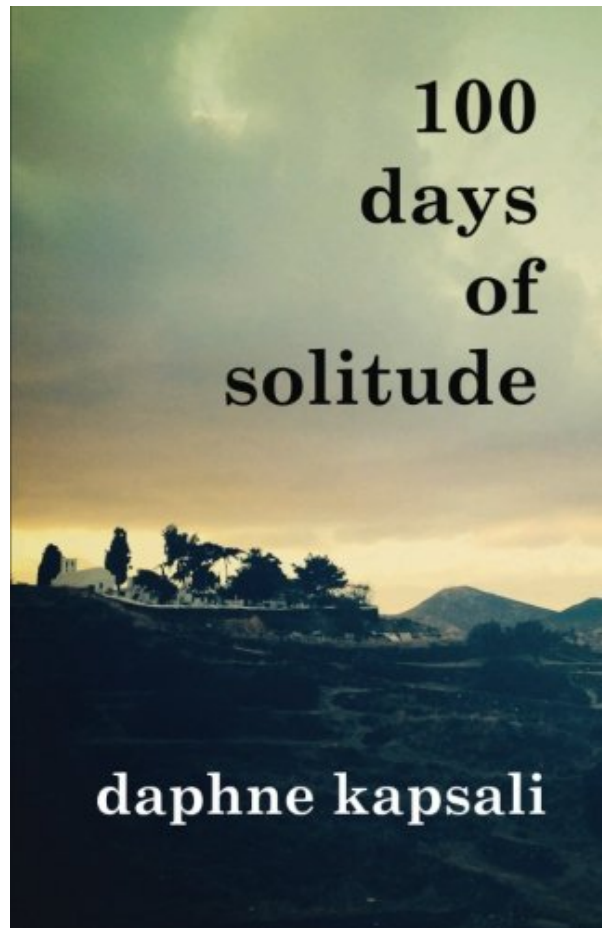
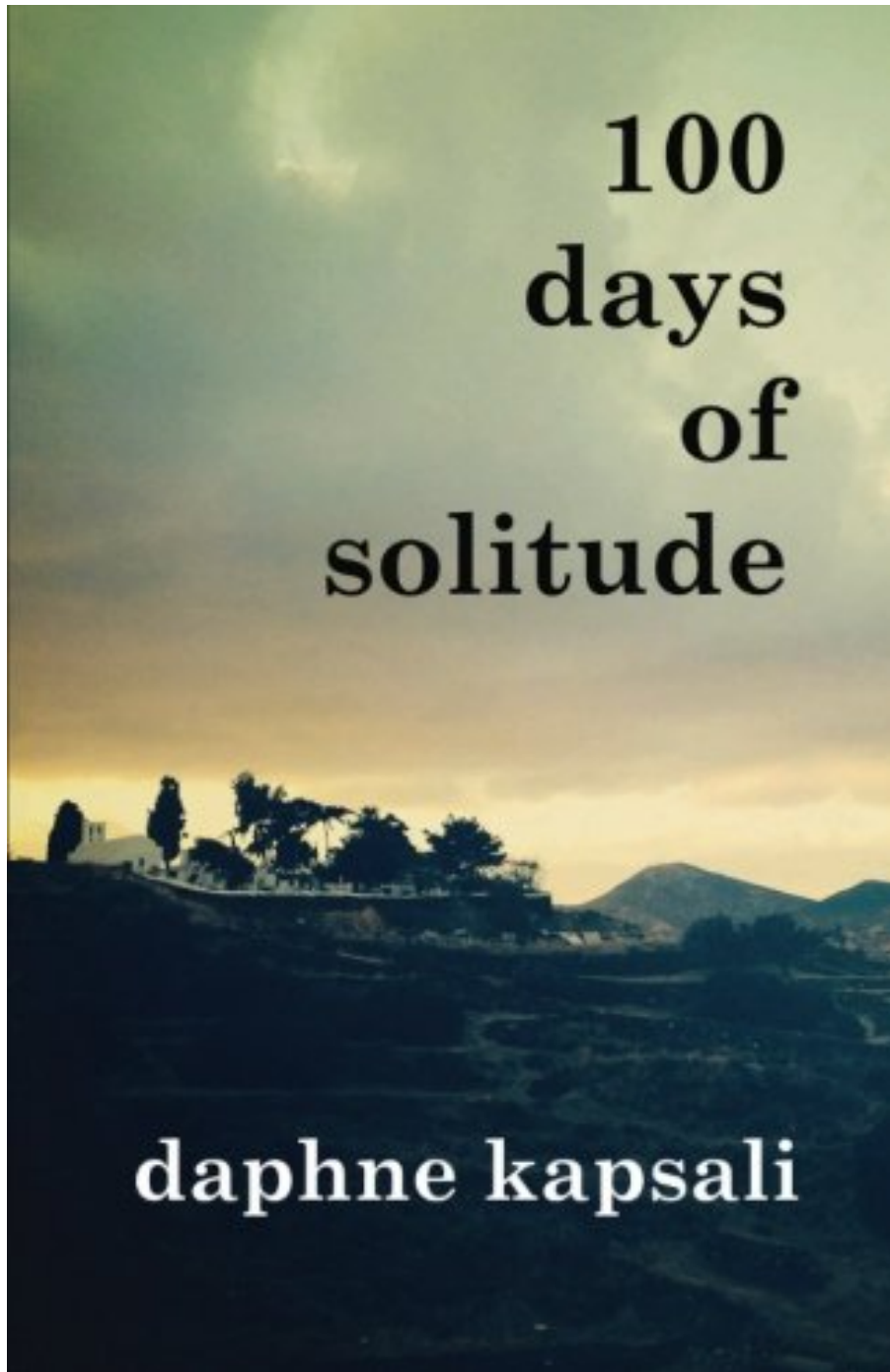


100 DAYS OF SOLITUDE BY DAPHNE KAPSALI



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Review

"I could write pages upon pages in praise of 100 days of solitude, but that would take time away from reading the masterpiece itself, and that is what has come of Daphne Kapsali's journey: a masterpiece and future classic, I'm predicting on the shelf right next to Stephen King's, *On Writing*. [...] There is something here for everyone. It's great storytelling and writing that makes you feel like you know the author, makes you root for the author, and then long to know her better..."

From the Back Cover

How far do you need to go to find yourself? What do you have to give up?

Daphne didn't go very far. After too many years of living as a writer who didn't write, she gave up her life in London to spend 100 days of solitude on the remote Greek island of Sifnos, off season, and find out, once and for all, who she really was. Her challenge: to write every day.

One hundred days and one hundred entries later, her question had been answered in more ways than she could have imagined, and the things she'd given up never mattered in the first place. This book is her story, as personal as it is universal, of the most obvious and most fundamental quest of all: to be happy; to do what you love.

Part memoir, part fiction, part philosophy and part travel writing, *100 days of solitude* is a collection of one hundred stories, all of them connected and each one self-contained. One hundred essays on choosing uncertainty over security, change over convenience, seeing things for what they truly are, and being surprised by yourself; on love, loss, death and donkeys; on reaching for your dreams, finding enlightenment on a rural road, peeing in public, and locking yourself out of the house; on dangerous herbs, friendly farmers, flying Bentleys and existential cats; and on what it feels like to live in a small, isolated island community through the autumn and winter, to live as a writer who actually writes, and to live as your true, authentic self, no matter who that turns out to be. And to write your own story, the way you want it told; to find your voice, and the courage to let it be heard.

About the Author

Daphne Kapsali is a writer, reluctant yogi, pathological optimist and probably one of the luckiest people alive. In 2014, she gave up her life in London to spend the autumn and winter writing on a remote Greek island; the result is a book entitled *100 days of solitude* - 100 separate and interconnected stories on claiming the time and space to live as your true self and do what you love - published in March 2015. She has since published another two books: a novel entitled *you can't name an unfinished thing*, also produced during her stint as a reclusive author, and *This Reluctant Yogi: everyday adventures in the yoga world*. All three are

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100 DAYS OF SOLITUDE BY DAPHNE KAPSALI PDF

"If you have ever stopped yourself doing something you love because 'now just isn't the right time', read this book."

A personal journey that inadvertently became an alternative self-help guide to doing what you love and living as your true self - whoever that might turn out to be, 100 days of solitude is inspiring hundreds of people to seek out and claim the space they need to find themselves and live the life they want.

How far do you need to go to find yourself? What do you have to give up?

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Exclusive to the Kindle edition: four bonus days, not included in the print version!

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Most helpful customer reviews

3 of 3 people found the following review helpful.

NOT your typical Greek island holiday adventure!

By A. Kefalas

Daphne tried (and succeeded) living alone in a Greek island, for more than 3 months. Being a city girl and used to life in big cities, she faced the complete change of pace in her life, in a way that I admire and envy. She "found" all the time she was needed, to write, walk, run, talk to people, do nothing, cook, practice yoga, sleep, and then write some more!

And she wrote all of this in a 100 short stories, one per day...

The book is sometimes funny, sometimes serious, sometimes even scary. It paints a very accurate picture of life in a scarcely (compared to the summer glory days) populated island in the heart of winter.

It is a must read for anyone who has ever thought that he or she needs to stay alone, away from the modern style of life.

2 of 2 people found the following review helpful.

A Masterpiece And Future Classic!

By John Darryl Winston

I could write pages upon pages in praise of “100 days of solitude”, but that would take time away from reading the masterpiece itself, and that is what has come of Daphne Kapsali’s journey: a masterpiece and future classic, I’m predicting on the shelf right next to Stephen King’s, *On Writing*. There’s so much here to talk about that I don’t know where to begin. I’m not much on non fiction or memoir, and I’m not sure exactly where this novel fits, but I can tell you this, there is something here for everyone. It’s great storytelling and writing that makes you feel like you know the author, makes you root for the author, and then long to know her better. I found myself savoring the read, pacing myself as I discovered this a craft book as well, perfect for the burgeoning and seasoned writer alike.

The prose is elegant; Kapsali brings us in with observations like, “my life was like a beautiful, serene lake: deep enough and lovely to look at, but stagnant in places, and closed in. There was nowhere to go,” then leaves us with reflections like, “Loneliness isn’t the price. It’s the space to see other people for what they are, the space to invite them in.”

Kapsali writes about mythology and stories of Apollo I never knew, and she’s funny in a natural quirky way that keeps you laughing to yourself and out loud as the days rush by and you find yourself trying to slow down again, trying to savor what will inevitably come to an end. There’s horror on halloween, fantasy with flying cars, and Christmas cheer. I’m telling this one has it all. There’s even romance on this quaint island of Sifnos with the music of Pink Floyd. I wanted more. It made me sigh ... music and love combined can have that effect on the soul. We even get the character we love to hate in Sonia ... good riddance to her. My favorite characters are the antagonist aptly named, Antagonist and Boy Cat. I Love the analogy of Boy Cat and the people of Sifnos as to trusting Daphne as one of them on the island. Beard or no beard, I elect, or at least nominate, Daphne Kapsali as the Guru Of All Writers.

Kapsali is a master of the metaphor as she positions the development of a story like the development of a relationship and how we protect and nurture it the same, hopeful of the fruit that it may one day bear. Thank God for self publishing. Thank God for Kickstarter. Thank God for Daphne Kapsali. Formal training is good to be sure, but if you want to be a great tennis or basketball player, watch Serena Williams and Stephen Curry. If want to be a great composer, listen to John Williams, and if you want to be a great writer ... read Daphne Kapsali’s “100 days of solitude”, many times, and keep it close by. My highest recommendation and five and a half stars for “100 days Of solitude”! I must order a hardcopy and “you can’t name an unfinished thing” today!

2 of 2 people found the following review helpful.

Months Alone

By Rosalie

An aspiring writer allocates herself 100 days of solitude to prove to herself she is a writer. She chooses a family vacation home on an island off season. She is treated as an outsider by the natives and would like to be accepted as one of them. Time passes slowly and disciplining herself is difficult at first. She is grateful for the couple of people who are friendly and she welcomes the occasional stray cat for companionship. She gets to know herself very well and slowly the writing comes and her blog is followed by quite a number of

people. Slowly she feels herself accepted and the days pass more quickly. Well written and very interesting.

See all 17 customer reviews...

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