Enjoy the Beauty of Solitude and Serenity

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Abstract

People who familiar with the noise of environment might regard noise as life. He may think that without noise, only stillness, would be very boring and how can it be called as “life”. Accordingly, he would be difficult to enjoy the beauty of solitude and serenity and even may neglect that solitude and serenity are really the best choice of our life. The article intends to discuss why that solitude and serenity are so difficult to be accepted and appreciated by the general public, the damages noise may bring, the benefits of solitude and serenity, and the way to achieve solitude and serenity.

Living in this changing quickly world would bring much impacts and stress to our mind and bodies, we should leave much more leisure and space for ourselves in order to accommodate to the pace. It becomes the most relevant, important issue as regarding how to modulate our mind and bodies. Solitude and serenity, indeed, also become the best way to rejuvenate and refresh ourselves. It can help us to find ourselves and identify ourselves more clearly.

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