



Lonely: A Memoir

By Emily White

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In a boldly honest and elegantly written memoir—the first on this topic—Emily White reveals the painful and sometimes debilitating experience of living with chronic loneliness. In the vein of popular favorites such as *Girl, Interrupted* and *Manic*, *Lonely* approaches loneliness in the way that Andrew Solomon's *The Noonday Demon* approached depression, and lifts the veil on a mostly ignored population who often suffer their disorder in silence.

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Lonely: A Memoir By Emily White Bibliography

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Editorial Review

Review

“Kudos to Emily White for having written that rare book which feels both necessary and evolutionary. *Lonely* is a masterwork on the topic, a memoir of deep insight and revelation.” (Alice Sebold)

“[A] sophisticated inquiry...The power of White’s story comes from the sweeping investment she has made in tracking and tackling her loneliness. White makes the case that loneliness deserves attention and respect as a legitimate condition.” (Kirkus Reviews)

“[A]n impassioned call to arms on behalf of a condition no one wants to talk about.” (Jezebel.com)

From the Back Cover

This boldly honest and elegantly written memoir reveals the painful and sometimes debilitating experience of living with chronic loneliness—the first book of its kind devoted exclusively to the subject.

Despite having a demanding job, good friends, and a supportive family, Emily White spent many of her evenings and weekends alone at home, trying to understand why she felt so disconnected from everyone. To keep up the façade of an active social life and to hide the painful truth, the successful young lawyer often lied to those around her—and to herself. She was suffering from severe loneliness.

In this insightful, soul-baring, and illuminating memoir, White reveals her battle to understand and overcome this crippling condition, and contends that chronic loneliness deserves the same attention as other mental difficulties such as depression. "Right now, loneliness is something few people are willing to admit to," she writes. "There's no need for this silence, no need for the shame and self-blame it creates. There's nothing wrong with loneliness, and we need to start acknowledging this through a wider and more open discussion of the state."

Interweaving her personal story with the latest in cutting-edge scientific research—as well as the incredibly moving accounts offered by numerous lonely men and women—White provides a deep and thorough portrait of this increasingly common but too often ignored affliction. By investigating the science of loneliness, challenging its stigma, encouraging other lonely people to talk about their experiences, and setting out one person's struggle, *Lonely* redefines how we look at loneliness and helps those who are afflicted understand their mood in an entirely new light, ultimately providing solace and hope.

About the Author

Emily White is a former lawyer who now works as a writer and policy analyst. Her work on loneliness has appeared in the *Guardian*, the *Huffington Post*, *ELLE* (UK), the *New York Post*, and the *Daily Mail*. She lives in St. John's, Newfoundland.

Users Review

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Christopher Olsen:

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