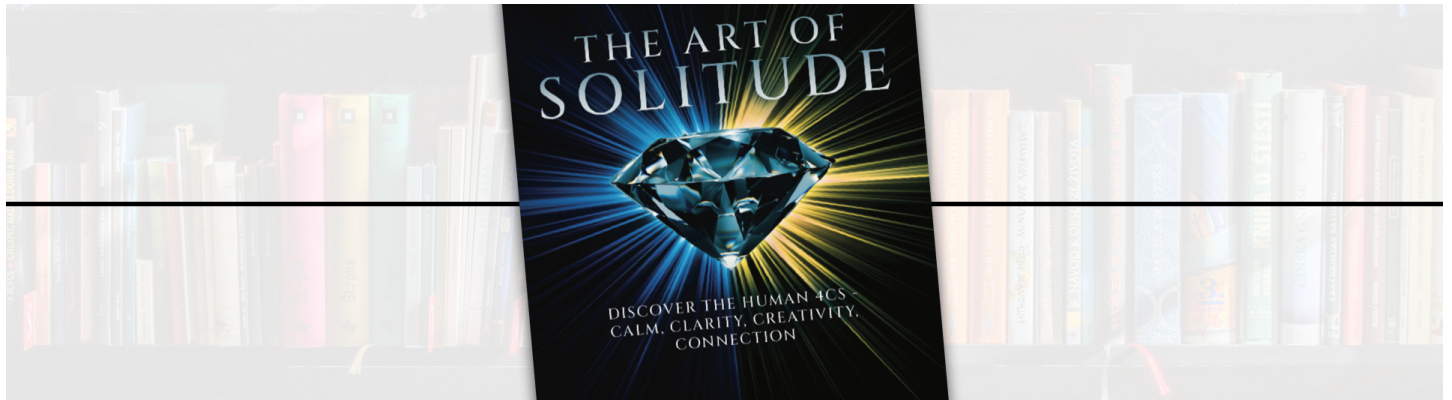




The Art of Solitude: New book from former New York Times exec redefines solitude as a tool for personal and professional growth



Jamie Gavin (@jaygavin) | 08 November 2024

Giselle Ho, former Director of Business Development & Marketing for The New York Times in Asia-Pacific, as well as Assistant Vice President of Wealth Management for DBS Bank, has today published a new book that seeks to redefine moments of disconnection and isolation as a powerful catalyst for self-development. Led by the transformative concept of the Human 4Cs – Calm, Clarity, Creativity, and Connection – the book blends practical exercises, cultural insights, and personal stories to help readers better understand and leverage solitude for future growth.

The Art of Solitude is available in eBook, PDF, and print format. It can be accessed via Amazon, Apple Books, Google Play, Kobo, and other popular platforms, with an audio version set to be released in 2025.

"In a world that rarely pauses, solitude offers more than just a break," says Ho. "It's a pathway to clarity and purpose. The Art of Solitude reveals how intentional solitude can spark creativity and drive personal and professional transformation."



Having grown up in Hong Kong and graduated from Upper Iowa University with a degree in psychology, Giselle Ho played a seminal role in the expansion of The New York Times (NYT) in the Asia-Pacific region over a 12yr period, leading multiple markets and collaborating with teams in Singapore, Japan, the Philippines, India, Taiwan, Hong Kong, the UK, and the US.

Following a subsequent 4yr stint as Assistant Vice President of Wealth Management for DBS Bank, she now sits as the Co-Founder of a number of leading start-up organisations, as well as serving as the Community Lead for WAN-IFRA – The World Association of News Publishers, the global organisation of the world's press.

Beyond her work, Giselle's life experiences have taken her to Australia, the US, UK, Europe, and around the world, helping cultivate a unique perspective on introspection and growth related to areas of family, social and romantic life, psychology, media & technology, travel, anthropology, and philosophy. Her writing provides a pragmatic approach to personal development, underscored by a light-hearted and at times humorous style designed to make universal concepts as personally relatable as possible. You can view her LinkedIn profile [here](#).

Book excerpt: Solitude in the Remote Work Era

As we've journeyed through the different life stages and explored how solitude evolves from one chapter of life to the next, we now arrive at a modern phenomenon that has reshaped how we interact with solitude: remote work. Whether you're a young professional seeking balance ora mid-lifer adapting to new routines, the shift to remote work has created a unique kind of solitude — one that blends freedom and isolation in equal measure.

Remote work has become a staple of modern life, with millions of people swapping out office cubicles for kitchen tables and home offices. While it offers unparalleled flexibility, this new way of working also presents its own set of

challenges — chief among them the need to find harmony between the independence remote work provides and the solitude it often demands.

In this chapter, we'll dive deep into the benefits and challenges of remote work solitude, offering practical tips on how to build healthy boundaries, maintain meaningful connections, and thrive while working from the comfort of your own space. And, as always, we'll keep the tone light and engaging, because, after all, who said navigating the remote work world has to be dull?

Working from home sounds like a dream, doesn't it? No commute, no awkward small talk at the office coffee machine, and the freedom to dress like you're still in bed. But remote work also introduces a new level of solitude — one that can either supercharge your productivity or leave you feeling a little lost in your own echo chamber. Let's take a look at the benefits and challenges of working solo in this new era...

The Art of Solitude is available now – you can find out further information [here](#).

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