# Silent book clubs and retreats spark a 460% rise in demand for quiet experiences



The allure of silence is increasingly capturing the interest of individuals seeking refuge from a world awash with noise. This phenomenon can be seen in the rapid proliferation of silent experiences, from book clubs to cafes and wellness retreats, all catering to those yearning for peace and introspection. Silent book clubs, a concept that started in San Francisco in 2012, have emerged as a particularly compelling example. These clubs are not merely about the absence of sound; they create an intentional space for readers to immerse themselves in literature while transcending the social pressures often associated with traditional book clubs. With over 1,600 chapters spanning 54 countries, including around 100 in the UK, the growth of these clubs reveals a remarkable shift in how individuals seek social connections.

The recent spike in demand for silent engagements is noteworthy. According to data from Eventbrite, a staggering 460% increase in silent book events has been recorded at the beginning of 2025 compared to the previous year. This surge in attendance speaks volumes about society's growing appreciation for quietude, especially in an era dominated by incessant distractions. Silent cafes have also joined the trend, offering sacrosanct environments free from the cacophony of everyday life. Here, patrons can relish the joy of reading without the interruptions of conversations that often veer into personal anecdotes or professional woes.

Moreover, this quest for silence aligns with broader trends in tourism and wellness. Condé Nast Traveller recently designated silent travel as a “top travel trend,” which encompasses diverse offerings from tranquil wilderness retreats to silent group walks and even noise-free hotel experiences. These retreats not only promise relaxation but also encourage visitors to reconnect with nature and themselves through the shared experience of silence. The growing inclination towards quiet wellness activities mirrors an evolving understanding of the value of stillness—a luxury once considered peripheral, now at the forefront of wellness conversations.

Reflecting on personal experiences, the author considers the significance of silence. Having attended a Quaker school where collective silence formed a cornerstone of daily practice, there is a recognition of silence as a rich, multifaceted entity rather than a mere absence. It possesses depth and presence; it comforts and stimulates, creating an environment ripe for introspection. As the author observes, such moments of shared quietude can foster intimacy, offering a profound sense of community amidst the silence.

The benefits of these silent experiences extend beyond individual relaxation; they cater to a broadening demographic. For many introverts, silent book clubs provide a welcoming environment to connect over shared literary interests without the pressure of engaging in animated discussions. This inclusive approach has resonated strongly, allowing individuals to revel in their personal reading journeys collectively. Clubs formed on this premise are increasingly popular, with reports indicating that these spaces empower participants to forge connections at their own pace—a much-needed reprieve from the social dynamics of traditional gatherings.

In the face of our increasingly noisy world, the rise of silent experiences—from book clubs to wellness retreats—offers more than just a counterbalance; it invites a re-evaluation of how we engage with ourselves and each other. The burgeoning trend towards valuing silence suggests that the community is not simply retreating from noise, but seeking to reclaim a space where the collective hush can give way to profound shared experiences, personal reflection, and deeper connections.

### Reference Map

1. Paragraphs 1, 2, 3, 4, 5, 6, 7

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.theguardian.com/commentisfree/2025/may/12/whats-better-than-a-cafe-wilderness-retreat-or-spa-a-silent-cafe-wilderness-retreat-or-spa> - Please view link - unable to able to access data
2. <https://www.theguardian.com/books/2025/mar/09/melbourne-silent-book-clubs-feature> - This article discusses the rise of Silent Book Clubs in Melbourne, Australia, highlighting their growth and appeal as an antidote to the social pressures of traditional book clubs. It emphasizes the global expansion of Silent Book Clubs since their inception in San Francisco in 2012, with chapters opening on every continent. The piece also touches on the benefits of these clubs, such as fostering new connections and providing a space for introverts to socialize without the pressure of group discussions.
3. <https://www.kqed.org/arts/13863844/a-novel-concept-silent-book-clubs-offer-introverts-a-space-to-socialize> - This article explores the concept of Silent Book Clubs, which began in San Francisco in 2012, offering a space for introverts to socialize and read without the pressures of traditional book clubs. It highlights the global expansion of these clubs, with over 70 chapters worldwide, and discusses how they provide a low-pressure social environment for individuals to connect over a shared love of reading.
4. <https://www.npr.org/2019/08/12/740897970/a-novel-concept-silent-book-clubs-offer-introverts-a-space-to-socialize> - This NPR article delves into the rise of Silent Book Clubs, which began in San Francisco in 2012, providing a space for introverts to read and socialize without the pressures of traditional book clubs. It discusses the global expansion of these clubs, with over 70 chapters worldwide, and how they offer a low-pressure social environment for individuals to connect over a shared love of reading.
5. <https://www.eventbrite.ca/e/the-books-better-silent-book-club-march-tickets-1206027232919> - This Eventbrite listing details a Silent Book Club event scheduled for March 18, 2025, at The Book's Better in Smiths Falls, Ontario, Canada. The event invites participants to bring their favorite books and enjoy a quiet reading session together, emphasizing the growing popularity of Silent Book Clubs as spaces for individuals to read and socialize without the pressures of traditional book clubs.
6. <https://www.eventbrite.com/e/november-silent-book-read-tickets-1056779849979> - This Eventbrite listing promotes a Silent Book Read event held in November 2024, organized by Urban Reader Bookstore. The event highlights the increasing interest in Silent Book Clubs as spaces for individuals to read and socialize without the pressures of traditional book clubs, reflecting the global expansion and popularity of this concept since its inception in San Francisco in 2012.
7. <https://tokion.jp/en/2020/10/24/time-spent-reading-alone/> - This interview with Laura Gluhanich, co-founder of Silent Book Club, discusses the origins and global expansion of the club, which began in San Francisco in 2012 and now has over 240 chapters worldwide. The article explores the club's unique approach to reading and socializing, emphasizing the benefits of spending time reading alone and the capacity to empathize with others.