

Nausea Theme

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Themes:

- **Existence and Meaning:** The book shows how life doesn't have a clear purpose or meaning. The main character, Roquentin, feels "nausea" when he realizes that everything just exists without reason. He learns that people must create their own meaning in life.
- **Freedom and Responsibility:** Roquentin learns that people are free to make their own choices. But with this freedom comes responsibility. We must accept that we are responsible for the choices we make, and this can feel scary.
- **Loneliness and Isolation:** Roquentin feels very alone in the world. He doesn't connect with other people and feels like no one understands him. This theme shows how people can feel isolated when they face the truth about life.
- **The Absurdity of Life:** Life can seem strange and without sense. Roquentin feels that everything is odd and meaningless, which makes him uncomfortable. The book explores how life can feel absurd, but we still have to live it.