



THE WISDOM OF INSECURITY

ALAN WATTS

Alan Watts The Wisdom Of Insecurity

Camilla Rothe



Alan Watts The Wisdom Of Insecurity:

The Wisdom of Insecurity Alan Watts, 2011-02-08 An acclaimed philosopher shows us how in an age of unprecedented anxiety we can find fulfillment by embracing the present and living more fully in the now He is the perfect guide for a course correction in life from the Introduction by Deepak Chopra The brain can only assume its proper behavior when consciousness is doing what it is designed for not writhing and whirling to get out of present experience but being effortlessly aware of it Alan Watts draws on the wisdom of Eastern philosophy and religion in this timeless and classic guide to living a more fulfilling life His central insight is more relevant now than ever when we spend all of our time worrying about the future and lamenting the past we are unable to enjoy the present moment the only one we are actually able to inhabit Watts offers the liberating message that true certitude and security come only from understanding that impermanence and insecurity are the essence of our existence He highlights the futility of endlessly chasing moving goalposts whether they consist of financial success stability or escape from pain and shows that it is only by acknowledging what we do not know that we can learn anything truly worth knowing In The Wisdom of Insecurity Watts explains complex concepts in beautifully simple terms making this the kind of book you can return to again and again for comfort and insight in challenging times Perhaps the foremost interpreter of Eastern disciplines for the contemporary West Watts had the rare gift of writing beautifully the unwritable Los Angeles Times

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Personal and Interpersonal Communication John J. Makay,Beverly A. Gaw,1975 Yale Journal of Law & the Humanities ,1999

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