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With an
Introduction by
Deepak Chopra

THE
WISDOM
OF
INSECURITY

A Message for an Age of Anxiety

Wisdom Of Insecurity

RS Peters



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

The Wisdom of Insecurity Alan Watts,1987-09-17 A classic look at man's search for certainty from the acclaimed expert on Eastern philosophy In this fascinating book Alan Watts explores man's quest for psychological security examining our efforts to find spiritual and intellectual certainty in the realms of religion and philosophy *The Wisdom of Insecurity* underlines the importance of our search for stability in an age where human life seems particularly vulnerable and uncertain Watts argues our insecurity is the consequence of trying to be secure and that ironically salvation and sanity lie in the recognition that we have no way of saving ourselves Alan Watts was the foremost Western expert on Eastern thought specialising in Zen Buddhism He was the author of a number of books on the philosophy and psychology of religion which have continued to be in popular demand over the past forty years *The Wisdom of Insecurity* ,1954 Review and Analysis of Alan Watts Summary Shorts,2017-09-16 Despite the availability of Stuff our lives are often not very fulfilling As we pursue one shiny object after another we come to the realization that none of it is making us happy And worse still it estranges us from our true purpose in life There must be another way Alan Watts in his book *The Wisdom of Insecurity* proposes a solution In this edition of Summary Shorts we will analyze and summarize the ideas put forth in *The Wisdom of Insecurity* and learn how to truly experience life when consumerism fails us Enjoy *The Wisdom of Insecurity* Alan Watts,1958 **The Wisdom of Insecurity** Alan W. Watts,197? *Summary - Guide on Alan Watts's the Wisdom of Insecurity* Summary Zoom,2017-01-11 Despite the availability of Stuff our lives are often not very fulfilling As we pursue one shiny object after another we come to the realization that none of it is making us happy And worse still it

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