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Slow Down-- and Get More Done
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a revelatory classic maria popova a spiritual polymath the first and possibly greatest deepak chopra what we have forgotten is that thoughts and words are conventions and that it is fatal to take conventions too seriously too often we fall into the trap of anticipating the future while lamenting the past and in the midst of this negative loop we forget how to live in the now in this iconic and prescient text pioneering zen scholar alan watts shows us how in an age of unprecedented anxiety we must embrace the present in order to live a fulfilling life

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 a message for an age of anxiety 1951 by alan w watts argues that the cause of human frustration and anxiety is people s inability to live fully in the present and their futile quest for psychological security drawing on eastern philosophy and religion with an emphasis on buddhism watts explores why humans are so dissatisfied and unhappy purchase this in depth summary to learn more

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whosoever would save his soul shall lose it this book is an exploration of this law in relation to man s quest for psychological and intellectual certainty in religion and philosophy

a rich history harding writes with energy and insight wearing a tremendous amount of learning lightly rana mitter financial times this rich and enjoyable book by the acclaimed author of japan story explores the many ways in which asia has influenced europe and north america over centuries of tangled dynamic encounters from the time of the ancient greeks onwards the west s relationship with asia consisted for the most part of outrageous tales of strange beasts and monsters of silk and spices shipped over vast distances and an uneasy sense of unknowable empires fantastically far away by the twentieth century much of asia might have come under western rule after centuries of warfare but its intellectual artistic and spiritual influence was fighting back the light of asia is a wonderfully varied and entertaining history of the many ways in which asia has shaped european and north american culture over centuries of

tangled dynamic encounters and the central importance of this vexed often confused relationship from marco polo onwards asia has been both a source of genuine fascination and equally genuine failures of comprehension china india and japan were all acknowledged to be both great civilizations and in crude ways seen as superseded by the west from chicago to calcutta and from antiquity to the new millennium this is a rich involving story of misunderstandings and sincere connection of inspiration and falsehood of geniuses adventurers and con men christopher harding s captivating gallery of people and places celebrates asia s impact on the west in all its variety

considers the contributions and contemporary significance of alan watts

is our search for happiness futile or are we just going about it the wrong way oliver burkeman turns decades of self help advice on its head and paradoxically forces us to rethink our attitudes towards failure uncertainty and death it s our constant efforts to avoid negative thinking that cause us to feel anxious insecure and unhappy what if happiness can be found embracing the things we spend our lives trying to escape wise practical and funny the antidote is a thought provoking counter intuitive and ultimately uplifting read celebrating the power of negative thinking burkeman has written some of the most truthful and useful words on happiness to be published in recent years guardian

start where you are is an indispensable handbook for cultivating fearlessness and awakening a compassionate heart from bestselling author pema chodron with insight and humour she presents down to earth guidance on how to make friends with ourselves and develop genuine compassion towards others

in a work that is neither a time management book nor an organizational guide the author of freeing your creativity a writer s guide presents ways to find the right pace by gaining control of worry make possibilities instead of plans and shake the tyranny of time by tapping into one s natural and productive rhythms to learn to relax

this book examines the paradox of intention the simple idea that we may reach a goal by giving up the attempt to reach it or conversely that we may be prevented from reaching a goal by our intentional efforts to achieve it the nature of this paradox is explored through an examination of texts from ancient and existential philosophy psychotherapy and the sacred texts of buddhism christianity and taoism shaw then subjects the paradox to systematic study by pursuing a series of questions arising from it a clearly written and accessible study the paradox of intention adds an intriguing chapter to both comparative ethics and the cross cultural study of the philosophy of religion

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