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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  
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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

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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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