

THE WISDOM OF INSECURITY

A Message for an Age of Anxiety

ALAN W. WATTS

"Anyone whose life needs a course correction would be
fortunate to be guided by *The Wisdom of Insecurity*.
My life still is, some thirty years later."

—DEEPAK CHOPRA,
from the Introduction

Resumo de The Wisdom of Insecurity: A Message for an Age of Anxiety

We live in an age of unprecedented anxiety. Spending all our time trying to anticipate and plan for the future and to lamenting the past, we forget to embrace the here and now.

We are so concerned with tomorrow that we forget to enjoy today. Drawing from Eastern philosophy and religion, Alan Watts shows that it is only by acknowledging what we do not and cannot know that we can learn anything truly worth knowing.

In "The Wisdom of Insecurity, " he shows us how, in order to lead a fulfilling life, we must embrace the present and live fully in the now. Featuring an Introduction by Deepak Chopra."

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