[GET] The Wisdom of Insecurity: A Message for an Age of Anxiety

Alan W. Watts' "message for an age of anxiety" is as powerful today as it was when this modern classic was first published. We spend too much time trying to anticipate and plan for the future, too much time lamenting the past. We often miss the pleasures of the moment in our anxious efforts to ensure the next moment is as enjoyable. Drawing from Eastern philosophy and religion, Watts argues that it is only by acknowledging what we do not and cannot know that we can find something truly worth knowing. In order to lead a fulfilling life, one must embrace the present - live fully in the now. Elegantly reasoned and lucidly written, this philosophical achievement contains all the wisdom and spirit that distinguished Watts' long career and resonates with us still.

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