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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.

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The Wisdom of Insecurity PDF Summary - Alan Watts | 12min Blog

The Wisdom Of Insecurity Summary. November 16, 2016 November 21, 2020 Niklas Goeke Culture, Happiness, Mental Health, Mindfulness, Productivity, Psychology, Religion, Self Improvement, Society. 1-Sentence-Summary: The Wisdom Of Insecurity is a self-help classic that breaks down our psychological need for stability and explains how

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The essential philosophy of The Wisdom of Insecurity, as I understand it, can be summarized as such: Human beings in general, but particularly in our modern age, live in a near-constant state of dissatisfaction and... This state comes about because we crave security, despite that this is both ...

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□ Tomorrow and plans for tomorrow can have no significance at all unless you are in full contact with the reality of the present, since it is in the present and only in the present that you live. There is no other reality than present reality, so that, even if one were to live for endless ages, to live for the future would be to miss the point everlastingly.□.

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This concept of presence is rooted in Eastern notions of mindfulness ▯ the ability to go through life with crystalline awareness and fully inhabit our experience ▯ largely popularized in the West by British philosopher and writer Alan Watts (January 6, 1915▯November 16, 1973), who also gave us this fantastic meditation on the life of purpose.

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