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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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November 16, 2016November 21,

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Society. 1-Sentence-Summary: The

Wisdom Of Insecurity is a self-help classic that breaks down our psychological need for stability and explains how it's led us right into consumerism, why that won't solve our problem and how we can really calm our anxiety.

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*The Wisdom of Insecurity* by Alan W. Watts (1968, Trade ...

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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

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□ 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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