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Mark Watts compiled this book from his father's extensive journals and audiotapes of famous lectures he delivered in his later years across the country. In three parts, Alan Watts explains the basic philosophy of meditation, how individuals can practice a variety of meditations, and how inner wisdom grows naturally.

A lucid and wide-ranging introduction suitable for readers with a basic grounding in philosophy.

A social scientist recreates his search for expanded consciousness, through the psychedelia of LSD to the final calm and inner wisdom of Rajah Yoga

Alan Watts is "the perfect guide for a

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materialism and its empty promise"

(Deepak Chopra). Here he shows us

how—in an age of unprecedented

anxiety—we must embrace the present

and live fully in the now in order to live a

fulfilling life. 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. “ Perhaps

the foremost interpreter of Eastern

disciplines for the contemporary West,

Watts had the rare gift of ‘ writing

beautifully the unwritable. ’ ” —Los

Angeles Times

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Presenting a look at the human mind's capacity while criticizing artificial intelligence, the author makes suggestions about classical and quantum physics and the role of microtubules

No matter how busy you are, find quiet reflective moments in your life—and reduce your stress levels drastically—with this classic bestselling guide from a mindfulness expert. When *Wherever You Go, There You Are* was first published in 1994, no one could have predicted that the book would launch itself onto bestseller lists nationwide and sell over 750,000 copies to date. Ten years later, the book continues to change lives. In honor of the book's 10th anniversary, Hyperion is proud to be releasing the book with a new afterword by the author, and to share this wonderful book with an even larger audience.

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This book examines the implications of new communication technologies in the light of the most recent work in social and cultural theory and argues that new developments in electronic media, such as the Internet and Virtual Reality, justify the designation of a "second media age".

The following work is devoted to an account of the characteristics of crowds. Organized crowds have always played an important part in the life of peoples, but this part has never been of such moment as at present. The substitution of the unconscious action of crowds for the conscious activity of individuals is one of the principal characteristics of the present age. Crowds, doubtless, are always unconscious, but this very unconsciousness is perhaps one of the secrets of their strength. In the natural world beings

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exclusively governed by instinct
accomplish acts whose marvelous
complexity astounds us. Reason is an
attribute of humanity of too recent date
and still too imperfect to reveal to us the
laws of the unconscious, and still more to
take its place. The part played by the
unconscious in all our acts is immense, and
that played by reason very small.

Philosophy of Mind: An Introduction is a
lively and accessible introduction to one of
philosophy's most active and important
areas of research.

"Time to Make It Stop" is a simple, easy to
read and fun guide to relieving the stress
and anxiety of today's hectic modern life.
Each page comes alive with deceptively
simple cartoon illustrations that delight the
eye and open the mind to the timeless
world of "Now" and the gift called the

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Present. It is written by Jim George, who combines a thirty-year career in animation and children's books with a private hypnotherapy and counseling practice to create a one-of-a-kind "Dr. Seuss of Self Help" experience.

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