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knowledge of Hypnosis, users are advised to either leave those sections or must have a basic understanding of the subject before practicing them.

Alan Watts ~ a message for an age of anxiety...

“For man seems to be unable to live without myth, without the belief that the

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routine and drudgery, the pain and fear of this life have some meaning and goal in the future." The Wisdom of Insecurity: A Message for an Age of Anxiety, Alan Watts Myths act as a psychological antidote to the reality...

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The Wisdom of Insecurity: A Message for an Age of Anxiety [Alan W. Watts] on Amazon.com. *FREE* shipping on qualifying offers. 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

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“The wisdom of insecurity is not a way of evasion, but of carrying on wherever we happen to be stationed—carrying on, however, without imagining that the burden of the world, or even of the next moment, is ours.

**The Wisdom of Insecurity Quotes by
Alan W. Watts**

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In the altogether excellent 1951 volume *The Wisdom of Insecurity: A Message for an Age of Anxiety* (public library), Watts argues that the root of our human frustration and daily anxiety is our tendency to live for the future, which is an abstraction.

The Wisdom of Insecurity: A

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Message of an Age of Anxiety ...

Running away from fear is fear, fighting pain is pain, trying to be brave is being scared. If the mind is in pain, the mind is pain. The thinker has no other form than his thought. There is no escape.” — Alan Wilson Watts, *The Wisdom of Insecurity: A Message for an Age of Anxiety*.

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**The Wisdom of Insecurity : A
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The Wisdom of Insecurity, A Message for
an Age of Anxiety, Alan W. Watts (1951)
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The Wisdom of Insecurity is a book that was for me life-changing. It argues, among other things, that insecurity, indeterminacy, is the truth of existence, and that to cling to particular things as if they were eternal is to waste your time and strength.

The Wisdom of Insecurity: A

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The Wisdom of Insecurity: A Message for an Age of Anxiety. Alan Watts (Author), Sean Runnette (Narrator), Macmillan Audio (Publisher) Try Audible Free. Get this audiobook plus a second, free.

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**The Wisdom of Insecurity: A
Message for... book by Alan W ...**

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Watts, Alan W. The Wisdom of
Insecurity: A Message of an Age of
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Alan Watts: Anxiety, Enlightenment,

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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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