

the backwards law alan watts

The Backwards Law Alan Watts: Embracing Paradox for a Fulfilling Life

the backwards law alan watts is a fascinating philosophical concept that challenges our everyday assumptions about happiness, desire, and fulfillment. Popularized by the British philosopher and writer Alan Watts, this idea suggests that the more we chase after certain goals or try to force happiness, the more elusive it becomes. Instead of pursuing happiness directly, Watts invites us to embrace life's paradoxes and let go of obsession with outcomes, leading to a deeper sense of contentment. If you've ever felt frustrated by the endless pursuit of success, pleasure, or peace, the backwards law offers a refreshing perspective to rethink your approach.

Understanding the Backwards Law: What Does Alan Watts Mean?

At its core, the backwards law proposes that the very act of seeking something intensely can prevent us from actually obtaining it. Alan Watts articulated this idea by pointing out a paradox of human psychology: the harder we try to attain happiness or security, the more we highlight their absence, deepening our dissatisfaction.

This counterintuitive principle aligns closely with ancient Eastern teachings, especially those found in Buddhist philosophy and Taoism, which Watts often drew upon in his lectures. The backwards law encourages a shift from striving and grasping to acceptance and presence, suggesting that peace arises naturally when we stop fighting against reality.

The Psychology Behind the Backwards Law

Modern psychology echoes some of Watts' insights. Studies in positive psychology show that constantly chasing after external achievements or validation can lead to a hedonic treadmill effect—where temporary pleasure quickly fades, and the desire for more intensifies.

This cycle often causes stress, anxiety, and burnout. The backwards law implies that by releasing our attachment to specific outcomes and embracing the present moment, we can break free from this loop. In essence, happiness becomes a byproduct of acceptance instead of a goal to be forcefully reached.

Alan Watts' Interpretation: Wisdom from Eastern Philosophy

Alan Watts was instrumental in introducing Eastern philosophical concepts to Western audiences in the mid-20th century. His explanation of the backwards law draws heavily on the Taoist principle of wu-wei, which means "non-action" or "effortless action."

Wu-Wei and Living in Harmony

Wu-wei teaches that trying too hard to control life or force outcomes disrupts the natural flow of events. Watts described this as akin to swimming with the current rather than against it. When we align ourselves with the natural rhythms and accept life as it is, happiness and success tend to arise spontaneously.

This is the essence of the backwards law: the harder we push, the more resistance we encounter. Letting go doesn't mean passivity or giving up but rather engaging with life without excessive striving or clinging.

The Role of Desire in the Backwards Law

Watts also explored how desire can trap us in a cycle of dissatisfaction. When we constantly want something – whether it's wealth, love, status, or enlightenment – we create a sense of lack. The backwards law suggests that true fulfillment comes when we stop defining ourselves by what we want and instead appreciate what already is.

This doesn't mean abandoning goals, but rather shifting our relationship to them. Instead of making happiness contingent on achieving desires, we cultivate an inner peace that isn't dependent on external circumstances.

Practical Applications of the Backwards Law in Daily Life

Understanding the backwards law intellectually is one thing, but applying it in everyday situations can transform how we experience life. Here are some ways to incorporate this philosophy into your routine:

1. Practice Mindfulness and Acceptance

Mindfulness meditation encourages observing thoughts and emotions without judgment or attachment. By becoming aware of your desires and the impulse to chase happiness, you can gently redirect focus to the present moment. Acceptance means acknowledging reality – including discomfort or uncertainty – without resistance.

2. Reframe Goals and Expectations

Instead of setting rigid goals that define your worth, approach aspirations as flexible and optional. Celebrate progress and effort rather than tying your happiness solely to outcomes. This reduces pressure and allows for more joy throughout the journey.

3. Let Go of Control in Relationships

Often, we try to control how others behave or respond to us, expecting certain results. The backwards law encourages releasing this need for control and embracing relationships as they unfold naturally. This fosters deeper connection and eases relational tension.

4. Embrace Paradox and Uncertainty

Life is full of contradictions – joy and sorrow, success and failure, gain and loss. Instead of resisting these dualities, welcome them as part of the human experience. Paradox invites flexibility and resilience, qualities that help us navigate challenges with grace.

Why the Backwards Law Resonates Today

In a fast-paced world obsessed with achievement, productivity, and instant gratification, Alan Watts' backwards law offers a counterbalance. It reminds us that relentless ambition can sometimes sabotage our well-being. This insight is especially relevant in an era marked by burnout, social media comparisons, and the pressure to constantly improve.

By embracing the backwards law, individuals can cultivate a healthier mindset that values presence over possession and being over doing. It encourages slowing down, savoring moments, and recognizing that happiness often arrives when we stop chasing it.

The Connection to Modern Self-Help and Spirituality

Many contemporary self-help philosophies echo the backwards law's message. Concepts like surrender, flow, and radical acceptance have become popular tools for managing stress and enhancing fulfillment.

Mindfulness-based therapies, yoga, and various spiritual traditions emphasize the importance of detachment from rigid desires. Alan Watts' articulation of the backwards law thus bridges ancient wisdom with modern practices, making these ideas accessible and practical.

Exploring Related Concepts: Beyond the Backwards Law

Alan Watts

To deepen your understanding, it helps to explore ideas closely connected to the backwards law:

- **The Paradox of Desire:** Recognizing that wanting something intensely can prevent satisfaction.
- **The Hedonic Treadmill:** The psychological tendency to return to a

baseline level of happiness despite positive or negative events.

- **Non-Attachment:** Letting go of clinging to outcomes, a core teaching in Buddhism that aligns with the backwards law.
- **Flow State:** The experience of being fully immersed and engaged in an activity without self-conscious effort.

These concepts all point toward a similar truth: fulfillment often arises not from grasping harder, but from releasing and being present.

How to Keep the Backwards Law in Mind

Remembering the backwards law in moments of stress or frustration can be a useful tool. When you notice yourself obsessing over a goal or feeling unhappy because something is missing, pause and reflect:

1. Am I pushing too hard or trying to force an outcome?
2. Can I let go of expectations and accept things as they are right now?
3. What happens if I shift my focus from achieving to experiencing?

By asking these questions, you create space to shift your mindset and potentially open up to unexpected peace.

Alan Watts' backwards law isn't just a philosophical curiosity; it's a practical guide for living with more ease and authenticity. It challenges us to rethink our relationship with desire, control, and happiness, inviting a more fluid and compassionate approach to life. Whether you're navigating personal challenges or seeking deeper meaning, the backwards law offers a timeless reminder: sometimes, the way forward is found by stepping back.

Frequently Asked Questions

What is the main concept of The Backwards Law by Alan Watts?

The Backwards Law by Alan Watts suggests that the more we pursue certain desires, such as happiness or success, the more they elude us. True contentment comes from accepting life as it is rather than constantly striving for more.

How does Alan Watts explain the paradox in The

Backwards Law?

Alan Watts explains the paradox by illustrating that trying too hard to achieve something often leads to frustration and dissatisfaction. Instead, by letting go of our attachments and expectations, we paradoxically find what we were seeking.

In what way does The Backwards Law relate to Eastern philosophy?

The Backwards Law aligns with Eastern philosophies like Zen Buddhism and Taoism, which emphasize acceptance, mindfulness, and the natural flow of life rather than forceful striving or desire-driven pursuit.

Can The Backwards Law be applied to modern life and stress management?

Yes, The Backwards Law can be applied to modern life by encouraging people to reduce stress through acceptance and mindfulness, recognizing that relentless pursuit of goals can increase anxiety rather than bring happiness.

What practical advice does Alan Watts offer based on The Backwards Law?

Alan Watts advises embracing the present moment and relinquishing the obsession with achieving specific outcomes. By doing so, individuals can experience a deeper sense of peace and fulfillment without constantly chasing desires.

How has The Backwards Law influenced contemporary self-help or mindfulness teachings?

The Backwards Law has influenced contemporary self-help and mindfulness teachings by reinforcing the idea that acceptance and non-attachment lead to greater well-being, inspiring practices that focus on living in the present rather than fixation on future achievements.

Additional Resources

The Backwards Law Alan Watts: An Analytical Exploration of Desire and Fulfillment

the backwards law alan watts is a philosophical concept that challenges conventional wisdom about happiness, success, and the pursuit of desires. Originally articulated by the British philosopher and writer Alan Watts, this paradoxical idea suggests that the more one actively pursues happiness or fulfillment, the more elusive it becomes. Conversely, by relinquishing the obsessive chase for satisfaction, a person may find genuine contentment in life. This article delves into the intricacies of the backwards law, examining its philosophical roots, practical implications, and relevance in contemporary self-help and mindfulness discourse.

Understanding the Backwards Law: Origins and Philosophy

Alan Watts, renowned for interpreting Eastern philosophy for Western audiences, introduced the backwards law as a way to highlight a fundamental paradox of human psychology. Rooted in Buddhist and Taoist thought, the law reflects the insight that desire and aversion are central to human suffering. Watts articulated the idea most famously in his book **The Wisdom of Insecurity** (1951), where he writes: "The more we struggle for life as we want it, the more we are actually killing what we love."

At its core, the backwards law states that the pursuit of something inherently creates dissatisfaction. When individuals fixate on achieving happiness, success, or external validation, these goals tend to become moving targets. The very act of striving, Watts argues, produces anxiety and frustration, which paradoxically obstruct the experience of the desired state. This phenomenon can be juxtaposed with Eastern philosophical teachings on detachment, acceptance, and living in the present moment.

The Psychological Dynamics Behind the Backwards Law

From a psychological standpoint, the backwards law correlates with the concept of hedonic adaptation—the tendency of humans to quickly return to a baseline level of happiness regardless of positive or negative life changes. This explains why material gains or achievements often fail to deliver lasting satisfaction.

Moreover, cognitive behavioral theories recognize that fixation on future outcomes can exacerbate stress and reduce well-being. The backwards law thus resonates with contemporary findings that emphasize mindfulness and acceptance as routes to mental health.

Comparative Insights: The Backwards Law and Other Philosophical Concepts

The backwards law shares similarities with several philosophical and psychological ideas:

- **Buddhist Non-Attachment:** Buddhism teaches that desire leads to suffering, and liberation comes through detachment and acceptance of impermanence.
- **Paradox of Hedonism:** The paradox where directly pursuing pleasure often results in less pleasure.
- **Stoic Philosophy:** Stoicism advocates focusing on what is within one's control and accepting external circumstances, aligning with Watts' emphasis on relinquishing control over outcomes.

These parallels underline the universality of the backwards law's message

across diverse traditions.

Practical Implications and Applications

Understanding the backwards law offers substantial implications for personal development, mental health, and lifestyle choices. Its insights challenge the dominant cultural narrative that relentless ambition and accumulation lead to happiness.

Impact on Goal Setting and Motivation

In contemporary self-help and productivity literature, goal-setting is often championed as a path to success. However, the backwards law cautions against an obsessive attachment to outcomes. It suggests that while having goals is beneficial, over-identification with results can be counterproductive.

By embracing the backwards law, individuals may adopt a more flexible, process-oriented approach to goals—focusing on growth and learning rather than solely on achievement. This mindset aligns with the psychological concept of intrinsic motivation, which is linked to greater satisfaction compared to extrinsic rewards.

Mindfulness and Acceptance as Remedies

The backwards law also provides a theoretical foundation for mindfulness-based interventions. Mindfulness encourages present-moment awareness and non-judgmental acceptance of experiences, which can disrupt the compulsive cycle of desire and dissatisfaction.

For example, in stress reduction programs such as Mindfulness-Based Stress Reduction (MBSR), practitioners learn to observe their thoughts and feelings without attachment. By doing so, they often report increased well-being—a practical manifestation of the backwards law principle.

Critiques and Limitations

While the backwards law offers valuable insights, it is not without critiques. Some argue that the concept can be misinterpreted as promoting passivity or resignation, potentially discouraging ambition and effort. In reality, Watts and related philosophies do not advocate for abandoning goals but rather for shifting one's relationship to desire.

Additionally, the backwards law may not fully account for socio-economic factors that influence well-being. For individuals facing material deprivation or systemic barriers, relinquishing desire alone may be insufficient to improve life circumstances.

Balancing Desire and Detachment

A nuanced understanding recognizes the importance of balancing desire with detachment. Healthy ambition can drive progress and innovation, while excessive attachment to outcomes can lead to burnout and dissatisfaction.

This balance is echoed in modern psychological models such as Acceptance and Commitment Therapy (ACT), which encourages commitment to meaningful values while accepting the presence of difficult thoughts and feelings.

Contemporary Relevance of the Backwards Law

In today's fast-paced, achievement-oriented society, the backwards law remains profoundly relevant. The proliferation of digital technology and social media often amplifies feelings of inadequacy and comparison, intensifying the pursuit of external validation.

Organizations and individuals increasingly explore wellness practices that incorporate the backwards law's wisdom, such as meditation, minimalism, and slow living. These movements emphasize reducing attachment to materialism and status, fostering a deeper sense of contentment.

The Backwards Law in Popular Culture and Media

The concept has permeated various self-help books, podcasts, and seminars, often cited as a counterintuitive approach to happiness. Influential thinkers and coaches reference Alan Watts' backwards law to challenge the "hustle culture" and encourage more sustainable, mindful living.

Moreover, scientific research on happiness and well-being complements the backwards law, highlighting the benefits of gratitude, social connection, and acceptance over mere achievement.

Key Takeaways on the Backwards Law Alan Watts

- The backwards law asserts that the more one pursues happiness directly, the more it eludes them.
- This principle is deeply rooted in Eastern philosophies, particularly Buddhism and Taoism.
- Psychological concepts such as hedonic adaptation and mindfulness support the law's validity.
- Practical applications include adopting process-oriented goals and cultivating acceptance.
- Critiques caution against misinterpretation as passivity, emphasizing a balanced approach.

- Modern wellness trends and research continue to affirm the backwards law's importance.

Alan Watts' backwards law invites a profound reassessment of how individuals relate to desire and fulfillment. By illuminating the paradox at the heart of human striving, it encourages a shift towards acceptance and presence—a perspective that resonates across cultures and disciplines. As contemporary life accelerates and complexity grows, revisiting this philosophical insight may offer a valuable compass for navigating the pursuit of well-being.

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Peter J. Columbus, 2021-03-31 Whilst accounting for the present-day popularity and relevance of Alan Watts' contributions to psychology, religion, arts, and humanities, this interdisciplinary collection grapples with the ongoing criticisms which surround Watts' life and work. Offering rich examination of as yet underexplored aspects of Watts' influence in 1960s counterculture, this volume offers unique application of Watts' thinking to contemporary issues and critically engages with controversies surrounding the commodification of Watts' ideas, his alleged misreading of Biblical texts, and his apparent distortion of Asian religions and spirituality. Featuring a broad range of international contributors and bringing Watts' ideas squarely into the contemporary context, the text provides a comprehensive, yet nuanced exploration of Watts' thinking on psychotherapy, Buddhism, language, music, and sexuality. This text will benefit researchers, doctoral students, and academics in the fields of psychotherapy, phenomenology, and the philosophy of psychology more broadly. Those interested in Jungian psychotherapy, spirituality, and the self and social identity will also enjoy this volume.

the backwards law alan watts: Never Say Die Mike Fallat, *Never Say Die: The Mindset for Life* by Mike Fallat is a powerful guide for those who refuse to accept defeat in any aspect of their lives. Drawing from his own experiences and the stories of relentless individuals, Fallat outlines the key principles of a resilient mindset that thrives on challenge and perseveres through adversity. This book is not just about overcoming obstacles but about cultivating an unbreakable spirit that turns every setback into a stepping stone for success. Through practical advice, motivational insights, and real-life examples, Fallat empowers readers to embrace a 'never say die' attitude, ensuring they live life on their own terms, no matter what challenges they face.

the backwards law alan watts: The Opposite of Settling Case Kenny, 2025-08-19 Forget settling or "settling down"—you deserve a love that upgrades every aspect of your life. A love that empowers you to get hotter, happier, and more fulfilled . . . together. The host of the podcast *New Mindset*, *Who Dis?* helps you find a partnership that fills your life with "can you believe we did that?" moments, where "let's book a flight and go" is as common as "I love you." Are you looking for a love that offers you clarity, not confusion? Does it feel like love has gotten too complicated? Does the sea of dating rules and expectations make you feel overwhelmed? Case Kenny, host of the *New Mindset*, *Who Dis?* podcast and author of *That's Bold of You*, brings you *The Opposite of Settling*—a blend of

practical mindfulness, evidence-based research, and undiluted optimism—to help you find a love that expands your world. Case guides you toward finding and building a relationship that empowers you to be independent, vibrant, and in love. The book offers you the tools to: Navigate the complexities of modern dating with confidence and an unbothered mindset Find a connection that feels like home yet pushes you toward a fuller and more vibrant life Recognize and attract relationships that elevate your life instead of weighing or “settling” you down Let go of fear-based dating habits and find a love that enhances your sense of independence The Opposite of Settling isn’t just about finding someone; it's about finding more of yourself in the process. Case’s concept of “settling up” (the opposite of “settling down”) offers an energizing affirmation of love, leaving you feeling lighter, unburdened of rules and expectations, and on the path to finding a relationship where you both look at each other and think, Yup, that's my kind of weird.”

the backwards law alan watts: Broken Families: How to get rid of toxic people and live a purposeful life Itayi Garande, 2023-06-22 Many of us go through life making choices that we think are 'our choices', but they are not. They are choices that we have been conditioned to make. So when we decide not to speak to someone, we think it is our choice. We do not realise that we have been influenced by someone else, by some toxic belief system that we hold, or by some toxic environment we grew up in. Empowerment Broken Families:How to get rid of toxic people and live a purposeful life is aimed at empowering you, not the toxic person that has a noose on your neck, to solve your problems and live your life in a purposeful way. This is very important because it takes a lot of financial, physical, emotional, mental and spiritual energy to reach your goal, so you have to run with those people who nurture you, not drain you. What is the main message in the book? The main message in this book is that, in order to deal with toxic people, you have to change, not them, and live with no resentment. No matter how people have treated you in the past, if you live with resentment and pain, you are adding to the toxicity that you are trying to run away from. There are no justified resentments in life. You have to let go of resentments. If you carry around resentments inside you, about anything or about anyone, those resentments will end up harming you. They will create a sense of despair in you. Practical tools The book ends with practical tools that can help you to move from toxic relationships with family members and friends to a truly purposeful and successful life. From the back cover Toxic relationships are relationships with people that always criticise you and always finding fault. All they can do is exploit your weaknesses and remind you of the mistakes you made in the past. These people are bad for your health. Toxic relationships are more painful if they happen to be with family members. This amazing book explains why and how to deal with toxic family members and friends. Reviews This book is a definite game changer - Martin D. Cole, Motivational speaker This book is essential reading for all coaches and inspirational leaders. - Professor John Muridzo, London South Bank University

the backwards law alan watts: Thinsanity Glenn Mackintosh, 2019-12-31 We are becoming more and more obsessed with being thin ... as we get fatter and fatter! The craziest part is that most weight loss 'solutions' are actually part of the problem. Diet and exercise programs fail 97% of people in the long-term, resulting in short term weight loss, medium term regain, and long-term gain approximately 10 to 15% above starting weight. Scientists have known this reality for decades - the entire diet industry is based on it - yet we keep on falling for promises of fast, easy, permanent weight loss (and other fictional tales), putting ourselves through rebranded versions of the exact same thing ... and expecting different results. Some might call this insanity - weight management psychologist Glenn Mackintosh calls it Thinsanity. Glenn's book, Thinsanity, aims to transform the way we approach weight management of the body, by starting with the mind. New scientific developments are offering insights into a compassionate way to make peace with food, fall in love with physical movement, and learn to LOVE your body healthy. Glenn takes all those new scientific developments and expresses them the way he does with his clients: clearly and with lots of understanding. This book is right for anyone who wants to learn to love their body and be healthy in it.

the backwards law alan watts: Summary Of The Subtle Art Of Not Giving A F*ck

QuickChapters, What if the key to a better life isn't about caring more—but caring less, and caring wisely? In *The Subtle Art of Not Giving a F*ck*, blogger-turned-bestselling author Mark Manson delivers a brash, no-nonsense take on how to live a more meaningful life by focusing only on what truly matters. This chapter-by-chapter summary captures Manson's counterintuitive wisdom, blending philosophical insight with dark humor and raw honesty. Instead of chasing positivity, Manson argues that embracing pain, failure, and our own limitations is the real path to growth. It's not about giving up—it's about letting go of the mental clutter and expectations that hold us back. With sharp wit and unapologetic clarity, this summary distills Manson's powerful message: that life is limited, our time and energy are limited, and the sooner we stop trying to be extraordinary, the sooner we can start being real. Whether you're tired of toxic positivity, stuck in self-help overload, or just looking for a brutally honest guide to navigating life, this is your essential companion to one of the most talked-about personal development books of the decade. Disclaimer: This is an unofficial summary and analysis of *The Subtle Art of Not Giving a F*ck* by Mark Manson. It is designed solely to enhance understanding and aid in the comprehension of the original work.

the backwards law alan watts: *The Antidote* Oliver Burkeman, 2018-07-12 Is our search for happiness futile? Or are we just going about it the wrong way? Oliver Burkeman turns decades of self-help advice on its head and paradoxically forces us to rethink our attitudes towards failure, uncertainty and death. It's our constant efforts to avoid negative thinking that cause us to feel anxious, insecure and unhappy. What if happiness can be found embracing the things we spend our lives trying to escape? Wise, practical and funny, *The Antidote* is a thought-provoking, counter-intuitive and ultimately uplifting read, celebrating the power of negative thinking. 'Burkeman has written some of the most truthful and useful words on happiness to be published in recent years' Guardian

the backwards law alan watts: Real-World Enlightenment Susan Kaiser Greenland, 2024-07-16 "In *Real-World Enlightenment*, Susan Kaiser Greenland offers wisdom and practical advice for living a more meaningful, purposeful, and joyful life."—Arianna Huffington, Founder and CEO, Thrive Global 50 practical tools from mindfulness, psychology, science, and time-honored traditions to help you ease anxiety, overwhelm, and stress. Beloved mindfulness teacher, best-selling author, and longtime Buddhist practitioner Susan Kaiser Greenland explores time-honored themes that tap into the enduring sense of love, connection, and well-being that is with us regardless of our circumstances. These universal themes—including Change, Humility, Interdependence, Concentration, Joy, Kindness, and Discernment, among many others—help us find emotional and psychological freedom by lessening our reactivity, broadening our perspectives, and deepening our relationships. Drawing from science, psychology, Buddhism, wisdom traditions, and personal stories, Kaiser Greenland gives us strategies to shift from a narrow survival-driven frame of mind to one that is grounded and expansive. She offers valuable methods to apply these themes daily, including: Robust tools to manage stress and develop attention, like tapping into sensory pleasures or focusing on a single image or phrase. Catchy slogans that promote emotional balance when you feel overwhelmed, like "drop the baggage," or "don't play the scene before you get there." These and other phrases can interrupt spiraling thoughts and move you back into your comfort zone. Accessible meditations to experience greater equanimity, slow down your thinking process, and heighten awareness of the natural movement of your mind. Time-tested life hacks to care for yourself and others with greater kindness and compassion. Strategies that bring greater ease and effortlessness into your life and relationships by helping you remain flexible and creative, even in challenging situations. And much more.

the backwards law alan watts: Summary: The Subtle Art of Not Giving a F*ck: A Counterintuitive Approach to Living a Good Life: Mark Manson Quick Savant, 2025-04-22 In this generation-defining self-help guide, a superstar blogger cuts through the crap to show us how to stop trying to be positive all the time so that we can truly become better, happier people. For decades, we've been told that positive thinking is the key to a happy, rich life. F**k positivity, Mark Manson says. Let's be honest, shit is f**ked and we have to live with it. In his wildly popular Internet

blog, Manson doesn't sugarcoat or equivocate. He tells it like it is—a dose of raw, refreshing, honest truth that is sorely lacking today. *The Subtle Art of Not Giving a F**k* is his antidote to the coddling, let's-all-feel-good mindset that has infected modern society and spoiled a generation, rewarding them with gold medals just for showing up. Manson makes the argument, backed both by academic research and well-timed poop jokes, that improving our lives hinges not on our ability to turn lemons into lemonade, but on learning to stomach lemons better. Human beings are flawed and limited—not everybody can be extraordinary, there are winners and losers in society, and some of it is not fair or your fault. Manson advises us to get to know our limitations and accept them. Once we embrace our fears, faults, and uncertainties, once we stop running and avoiding and start confronting painful truths, we can begin to find the courage, perseverance, honesty, responsibility, curiosity, and forgiveness we seek. There are only so many things we can give a f**k about so we need to figure out which ones really matter, Manson makes clear. While money is nice, caring about what you do with your life is better, because true wealth is about experience. A much-needed grab-you-by-the-shoulders-and-look-you-in-the-eye moment of real-talk, filled with entertaining stories and profane, ruthless humor, *The Subtle Art of Not Giving a F*ck* is a refreshing slap for a generation to help them lead contented, grounded lives.

the backwards law alan watts: *Life Is Setting Me up for Success* Victor Levy, 2021-11-15 What is success? What does it look like? How does one achieve it? In *Life is Setting Me Up for Success*, author Victor Levy takes an in-depth look at success, discussing what it is and what it isn't. Levy offers thirty-three insights from day-to-day life, relationships, consciousness, yogic philosophy, society, and modern science to shift your perspective from living a life of constraints to expand to full possibility. He explores a variety of themes including goal setting, love, change, fear, and worry against the backdrop of success. *Life is Setting Me Up for Success* shares a wealth of philosophy, advice, and tips to help you expand your awareness from subconscious limitations to accessing your full intelligence.

the backwards law alan watts: *Hard-Earned Lessons from Counselling in Action* Windy Dryden, 1992-09-08 `This is a very honest book and should be essential reading for anyone beginning training as a counsellor. It will also be useful for experienced therapists to stimulate reflections on their own practice... to examine their work and to learn from errors. It is refreshing to witness the honesty and openness of the writers - especially so in the present culture, where many therapists set themselves up as flawless experts... I would recommend this book... it provides an informed and open discussion on the problems encountered by therapists' - Clinical Psychology Forum Counsellors often struggle in their work with clients, convinced that their more experienced colleagues have not encountered similar problems and worries. In this volume, some of Britain's leading counsellors give the lie to this myth. Writing openly and frankly, they share the painful lessons they have learned over the course of their careers as practitioners. The contributors' combined experience proves that all counsellors, no matter how expert or well-known, have made mistakes, or faced challenges, and from them have had to learn aspects about the process of counselling - the hard way. The five `lessons' from each contributor are placed in the context of the counsellor's own particular circumstances, and a concluding section in each chapter links the connecting themes that emerged throughout their learning process.

the backwards law alan watts: *I Believe in Me* Cheng Chi Sing, 2020-08-11 Learn about self-love and self-care with Soolooka and this collection of illustrations and comics to cheer you up when life has you down. No one is all darkness or all light. But sometimes it can feel like we're walking with a dark cloud over our heads. So, how can we find a spark of joy? Follow author Soolooka through 150 hopeful illustrations to help you overcome bad days and negative thoughts. Featuring old and new comics from Reiki master and Instagram illustrator Cheng Chi Sing (a.k.a Soolooka), this short and sweet guidebook is here to help you find joy when you are feeling lonely or anxious. Self-help manuals are often overwhelming and intimidating for someone who just needs a boost during stress. This friendly companion helps you cheer up with quick tips and easy exercises that encourage positive thinking. Beloved Soolooka characters help you: Recognize the spectrum of

your emotions, because it's okay to not be okay See a different perspective of the same situation, along with new solutions Take that small, first step into a healthier frame of mind Great for readers of How to Be Happy (Or at Least Less Sad), You Can Do All Things, or Hyperbole and a Half Praise for I Believe in Me "An honest and encouraging companion for anyone seeking inspiration on the journey to self-love." —Tori Press, author of I Am Definitely, Probably Enough (I Think) "Soolooka's drawings are the highlight of my Instagram feed. Her insightful drawings are full of empathy and compassion and capture what it is to be human. Her beautiful pictures and the messages in them fill me with joy. I am sure they will bring happiness to your world too and leave you with a warm feeling inside. This book will be one I return to again and again." —Dr. Emma Hepburn, author of A Toolkit for Modern Life: 30 Ways to Look After Your Mind "Soolooka's work sparks a joy in you you didn't even know how much you needed. She ignites that light through the magic of her art." —Prudence Geerts, author and illustrator of Bad at Adulting, Good at Feminism

the backwards law alan watts: The Good-Enough Life Avram Alpert, 2023-09-19 How an acceptance of our limitations can lead to a more fulfilling life and a more harmonious society We live in a world oriented toward greatness, one in which we feel compelled to be among the wealthiest, most powerful, and most famous. This book explains why no one truly benefits from this competitive social order, and reveals how another way of life is possible—a good-enough life for all. Avram Alpert shows how our obsession with greatness results in stress and anxiety, damage to our relationships, widespread political and economic inequality, and destruction of the natural world. He describes how to move beyond greatness to create a society in which everyone flourishes. By competing less with each other, each of us can find renewed meaning and purpose, have our material and emotional needs met, and begin to lead more leisurely lives. Alpert makes no false utopian promises, however. Life can never be more than good enough because there will always be accidents and tragedies beyond our control, which is why we must stop dividing the world into winners and losers and ensure that there is a fair share of decency and sufficiency to go around. Visionary and provocative, The Good-Enough Life demonstrates how we can work together to cultivate a good-enough life for all instead of tearing ourselves apart in a race to the top of the social pyramid.

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