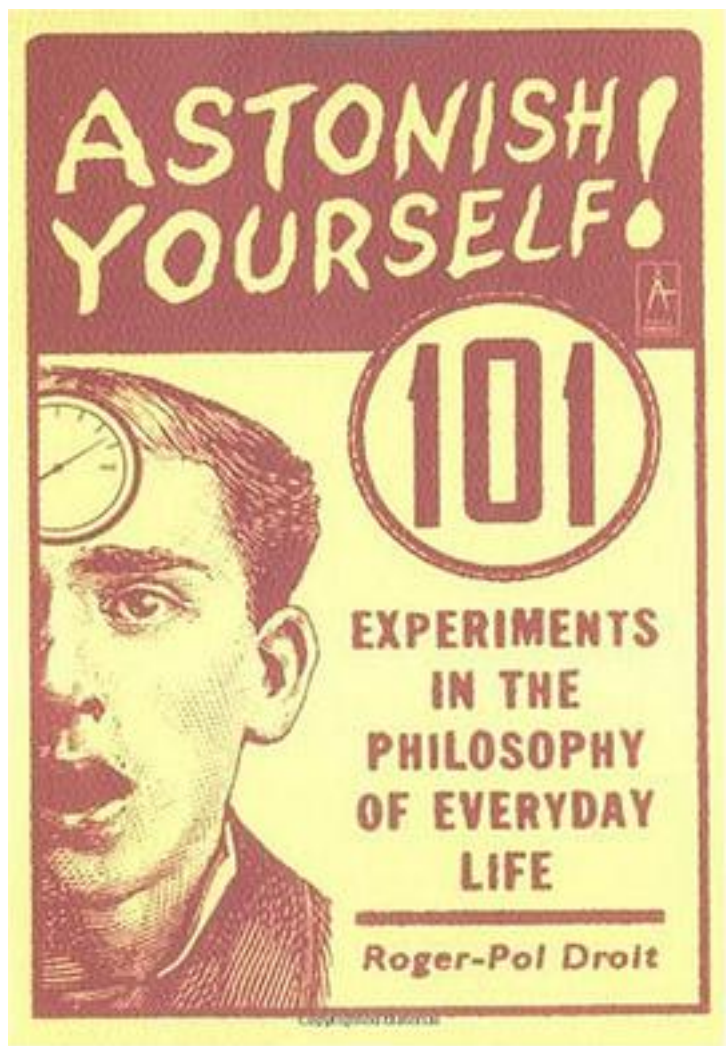


Astonish Yourself



[Astonish Yourself_下载链接1](#)

著者:Roger-Pol Droit

出版者:Penguin (Non-Classics)

出版时间:2003-7-29

装帧:Paperback

isbn:9780142003138

Say your name aloud to yourself in a quiet room. Imagine peeling an apple in your mind. Take the subway without trying to get anywhere. The simple meditations in this book have the potential to shake us awake from our preconceived certainties: our own identity, the stability of the outside world, the meanings of words. At once entertaining and startling, irreverent and wise, this book will provoke moments of awareness for readers in any situation and in all walks of life. Enter the space of your favorite painting. Watch someone sleeping. The world won't look the same again.

作者介绍:

目录:

[Astonish Yourself_下载链接1](#)

标签

藏书

英文版

法国

子

nonfiction

评论

some ideas in this book are quite funny: drink while urinating, watch dust in the sun, listen to a recording of your voice. And some are silly: pull out a hair, hurt yourself briefly, fast for a while. hehe, maybe there's no much difference between being

[Astonish Yourself_下载链接1](#)

书评

[Astonish Yourself 下载链接1](#)