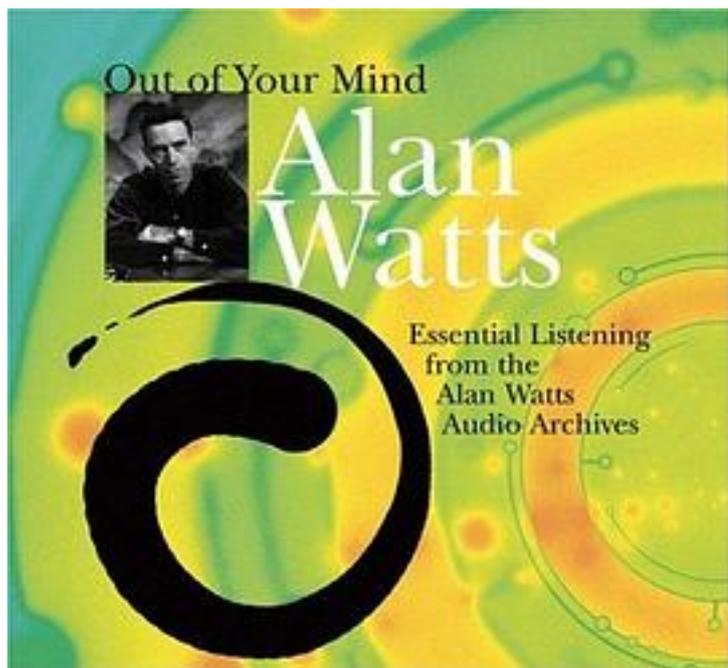


Out of Your Mind



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著者:Alan Watts

出版者:Sounds True

出版时间:2004-06

装帧:Audio CD

isbn:9781591791652

Since the publication of his first book, *The Spirit of Zen* in 1936, Alan Watts has brought the essential teachings of the East to generations of seekers, suggesting the need to "go out of your mind in order to come to your senses." Carefully distilled from hundreds of hours of never-before-released material, *Out of Your Mind* presents a philosophical tour de force from this legendary self-described "spiritual entertainer" — 12 lucid sessions sparking insights into the nature of reality; death and rebirth; the dilemma of polarity; the suspension of judgment; the art of contemplation; and much more.

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标签

哲学

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评论

Does anything matter at all? Why be "sane" when you can be yourself and out of your mind simultaneously? OK, I'M HAVING ANOTHER EXISTENTIAL CRISIS HERE, SOMEBODY HELP?

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书评

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