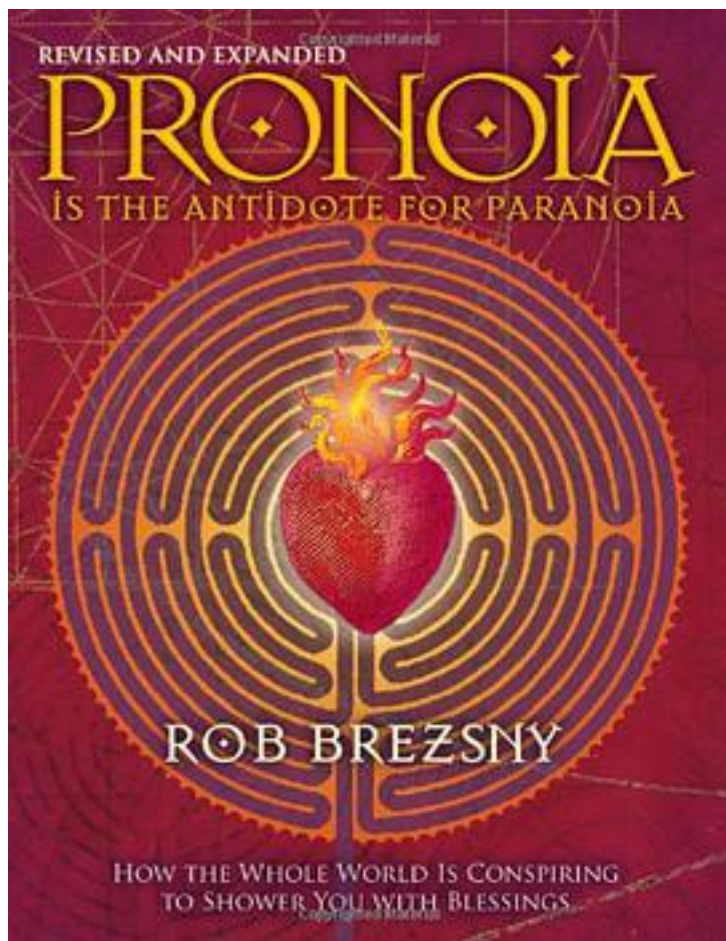


PRONOIA



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著者:Brezsny, Rob

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Readers were instantly beguiled by Rob Brezsky's new approach to the humble horoscope when his "Free Will Astrology" column first appeared in 1996. Instead of the generic, one-size-fits-all style of similar columns, Brezsky used witty parables, tender

rants, cultural riffs, pagan wisdom, and lively rituals in his playfully positive readings. He brings that same sensibility—and the same message of a smiling universe—to this self-help book for people who may be skeptical about self-help books. Brezsny persuasively advises readers to go along with the universe's good intentions, but his rejection of cynicism and a bleak view of human nature isn't rooted in denial. On the contrary, he makes a case for a cagey optimism that requires a vigorous engagement with the dark forces. He asks us to rethink life as a sublime game created for our amusement and illumination. The book is a chameleon of a tome. You can read it straight through, slowly and surely, or else pick it up and open it at random for tasty hits of inspiration as the spirit moves you. You can even start at the end and weave your way backward. Brezsny has substantially updated this edition—he added nearly one hundred pages—by expanding various sections, adding more than a dozen new pieces and a new chapter, and providing readers with a number of playtime activities and exercises that let them participate through their own writing and drawing. "Brezsny's horoscopes are like little valentines, buoyant and spilling over with mischievousness. They're a soul prognosis." — The New York Times

作者介绍:

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