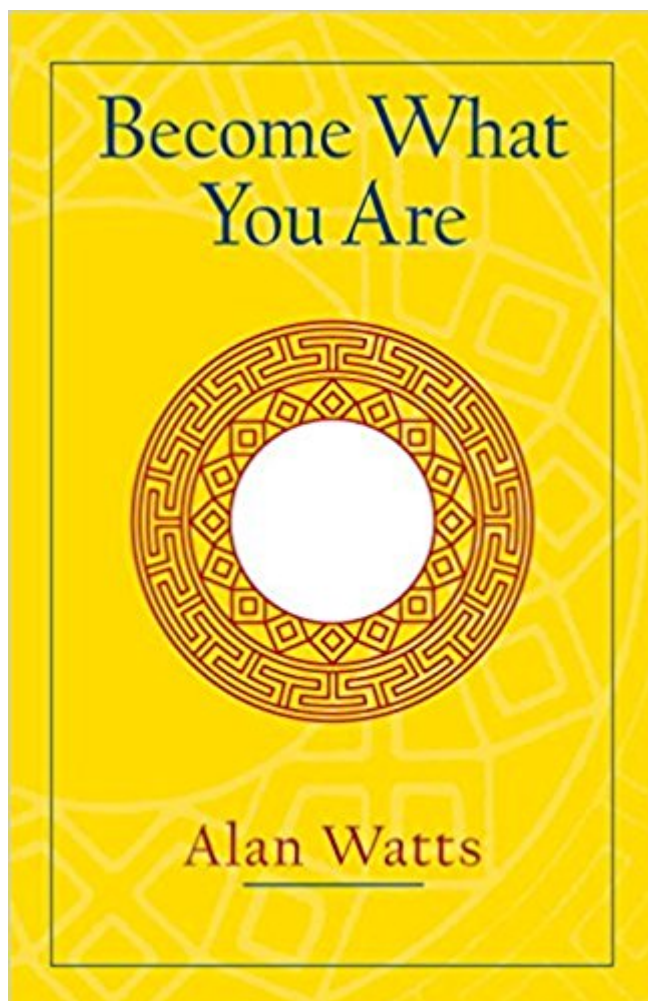


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# Become What You Are



## Synopsis

"Life exists only at this very moment, and in this moment it is infinite and eternal. For the present moment is infinitely small; before we can measure it, it has gone, and yet it exists forever. . . . You may believe yourself out of harmony with life and its eternal Now; but you cannot be, for you are life and exist Now."—from *Become What You Are*

In this collection of writings, including nine new chapters never before available in book form, Watts displays the intelligence, playfulness of thought, and simplicity of language that has made him so perennially popular as an interpreter of Eastern thought for Westerners. He draws on a variety of religious traditions, and covers topics such as the challenge of seeing one's life "just as it is," the Taoist approach to harmonious living, the limits of language in the face of ineffable spiritual truth, and the psychological symbolism of Christian thought.

## Book Information

Paperback: 144 pages

Publisher: Shambhala; Expanded edition (March 11, 2003)

Language: English

ISBN-10: 1570629404

ISBN-13: 978-1570629402

Product Dimensions: 5.4 x 0.4 x 8.4 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 95 customer reviews

Best Sellers Rank: #19,549 in Books (See Top 100 in Books) #12 in Books > Politics & Social Sciences > Philosophy > Eastern > Taoism #25 in Books > Religion & Spirituality > Other Eastern Religions & Sacred Texts

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language in the face of ineffable spiritual truth, and the psychological symbolism of Christian thought.

Alan Watts (1915–1973) was a renowned lecturer and the author of nearly thirty books, including *The Way of Zen* and *The Book*.

Alan Watts was an interesting man. His lectures and books always are thought provoking. This book is no exception. Each chapter has interesting ideas. The only advice I would have suggested is find a good editor. Sometimes he becomes more attached to the language than the ideas.

Watts is my favorite Buddhist philosopher for his practical approach to addressing life's most complex concepts with easily comprehended analogies. His unapologetic points are made clearly and he doesn't mince words. Great book for people at every level in their own consciousness evolving journey.

I love this. There are many things we haven't even questioned before.

Alan Watts is a favorite. Good book.

A book every spiritual seeker should read.

Excellent reading.

Such a great book. Watts had such a skill for delivering ideas in a form anyone can grasp. This book is like an anti-anxiety pill in written form.

Truly one of the best spiritual interpreter's of our time, in my opinion.

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