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Insecurity is a self-help classic that breaks down our psychological need for stability and explains how it's led us right into consumerism, why that won't solve our problem and how we can really calm our anxiety.

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us to lead more fulfilling lives. His legacy lives on in The Wisdom of Insecurity , a work that energetically displays Watts's piercing intellect, razor-sharp wit, and winning grace.

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W. Watts (1968,

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The essential philosophy of The Wisdom of Insecurity, as I understand it, can be summarized as such: Human beings in general, but particularly in our modern age, live in a near-constant state of dissatisfaction

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and... This state
comes about
because we crave
security, despite
that this is both ...

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255. "Tomorrow

and plans for

tomorrow can have

no significance at

all unless you are

in full contact with

the reality of the

present, since it is

in the present and

only in the present

that you live. There

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is no other reality
than present
reality, so that,
even if one were to
live for endless
ages, to live for the
future would be to
miss the point
everlastingly.”.

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This concept of
presence is rooted
in Eastern notions
of mindfulness —
the ability to go
through life with
crystalline
awareness and
fully inhabit our
experience —

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largely popularized
in the West by
British philosopher
and writer Alan
Watts (January 6,
1915–November
16, 1973), who also
gave us this
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meditation on the
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An Antidote to the
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