



Trying Not to Try: Ancient China, Modern Science, and the Power of Spontaneity

Edward Slingerland

Download now

[Click here](#) if your download doesn't start automatically

Trying Not to Try: Ancient China, Modern Science, and the Power of Spontaneity

Edward Slingerland

Trying Not to Try: Ancient China, Modern Science, and the Power of Spontaneity Edward Slingerland
A deeply original exploration of the power of spontaneity—an ancient Chinese ideal that cognitive scientists are only now beginning to understand—and why it is so essential to our well-being

Why is it always hard to fall asleep the night before an important meeting? Or be charming and relaxed on a first date? What *is* it about a politician who seems wooden or a comedian whose jokes fall flat or an athlete who chokes? In all of these cases, striving seems to backfire.

In *Trying Not To Try*, Edward Slingerland explains why we find spontaneity so elusive, and shows how early Chinese thought points the way to happier, more authentic lives. We've long been told that the way to achieve our goals is through careful reasoning and conscious effort. But recent research suggests that many aspects of a satisfying life, like happiness and spontaneity, are best pursued indirectly. The early Chinese philosophers knew this, and they wrote extensively about an effortless way of being in the world, which they called *wu-wei* (ooo-way). They believed it was the source of all success in life, and they developed various strategies for getting it and hanging on to it.

With clarity and wit, Slingerland introduces us to these thinkers and the marvelous characters in their texts, from the butcher whose blade glides effortlessly through an ox to the wood carver who sees his sculpture simply emerge from a solid block. Slingerland uncovers a direct line from *wu-wei* to the Force in Star Wars, explains why *wu-wei* is more powerful than flow, and tells us what it all means for getting a date. He also shows how new research reveals what's happening in the brain when we're in a state of *wu-wei*—why it makes us happy and effective and trustworthy, and how it might have even made civilization possible.

Through stories of mythical creatures and drunken cart riders, jazz musicians and Japanese motorcycle gangs, Slingerland effortlessly blends Eastern thought and cutting-edge science to show us how we can live more fulfilling lives. *Trying Not To Try* is mind-expanding and deeply pleasurable, the perfect antidote to our striving modern culture.

From the Hardcover edition.



[Download Trying Not to Try: Ancient China, Modern Science, and t ...pdf](#)



[Read Online Trying Not to Try: Ancient China, Modern Science, and ...pdf](#)

Download and Read Free Online Trying Not to Try: Ancient China, Modern Science, and the Power of Spontaneity Edward Slingerland

Download and Read Free Online Trying Not to Try: Ancient China, Modern Science, and the Power of Spontaneity Edward Slingerland

From reader reviews:

Lois Araiza:

Why don't make it to be your habit? Right now, try to ready your time to do the important work, like looking for your favorite publication and reading a e-book. Beside you can solve your long lasting problem; you can add your knowledge by the reserve entitled Trying Not to Try: Ancient China, Modern Science, and the Power of Spontaneity. Try to the actual book Trying Not to Try: Ancient China, Modern Science, and the Power of Spontaneity as your pal. It means that it can be your friend when you really feel alone and beside associated with course make you smarter than ever. Yeah, it is very fortuned for you personally. The book makes you considerably more confidence because you can know every thing by the book. So , we need to make new experience along with knowledge with this book.

Earneстine Marcus:

Information is provisions for people to get better life, information these days can get by anyone with everywhere. The information can be a expertise or any news even restricted. What people must be consider any time those information which is from the former life are challenging to be find than now could be taking seriously which one is suitable to believe or which one the actual resource are convinced. If you receive the unstable resource then you understand it as your main information there will be huge disadvantage for you. All those possibilities will not happen inside you if you take Trying Not to Try: Ancient China, Modern Science, and the Power of Spontaneity as the daily resource information.

Heidi Odom:

The book Trying Not to Try: Ancient China, Modern Science, and the Power of Spontaneity will bring you to the new experience of reading the book. The author style to elucidate the idea is very unique. In case you try to find new book you just read, this book very suitable to you. The book Trying Not to Try: Ancient China, Modern Science, and the Power of Spontaneity is much recommended to you to read. You can also get the e-book from the official web site, so you can easier to read the book.

Frank Foushee:

You may get this Trying Not to Try: Ancient China, Modern Science, and the Power of Spontaneity by go to the bookstore or Mall. Simply viewing or reviewing it could possibly be your solve trouble if you get difficulties on your knowledge. Kinds of this book are various. Not only through written or printed but in addition can you enjoy this book by means of e-book. In the modern era similar to now, you just looking by your local mobile phone and searching what their problem. Right now, choose your ways to get more information about your guide. It is most important to arrange yourself to make your knowledge are still update. Let's try to choose suitable ways for you.

Download and Read Online Trying Not to Try: Ancient China, Modern Science, and the Power of Spontaneity Edward Slingerland #IMXU80N3VS9

Read Trying Not to Try: Ancient China, Modern Science, and the Power of Spontaneity by Edward Slingerland for online ebook

Trying Not to Try: Ancient China, Modern Science, and the Power of Spontaneity by Edward Slingerland
Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Trying Not to Try: Ancient China, Modern Science, and the Power of Spontaneity by Edward Slingerland books to read online.

Online Trying Not to Try: Ancient China, Modern Science, and the Power of Spontaneity by Edward Slingerland ebook PDF download

Trying Not to Try: Ancient China, Modern Science, and the Power of Spontaneity by Edward Slingerland Doc

Trying Not to Try: Ancient China, Modern Science, and the Power of Spontaneity by Edward Slingerland MobiPocket

Trying Not to Try: Ancient China, Modern Science, and the Power of Spontaneity by Edward Slingerland EPub