



The Book: On the Taboo Against Knowing Who You Are

Alan Watts

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At the root of human conflict is our fundamental misunderstanding of who we are. The illusion that we are isolated beings, unconnected to the rest of the universe, has led us to view the “outside” world with hostility, and has fueled our misuse of technology and our violent and hostile subjugation of the natural world. In *The Book*, philosopher Alan Watts provides us with a much-needed answer to the problem of personal identity, distilling and adapting the ancient Hindu philosophy of Vedanta to help us understand that the self is in fact the root and ground of the universe. In this mind-opening and revelatory work, Watts has crafted a primer on what it means to be human—and a manual of initiation into the central mystery of existence.

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