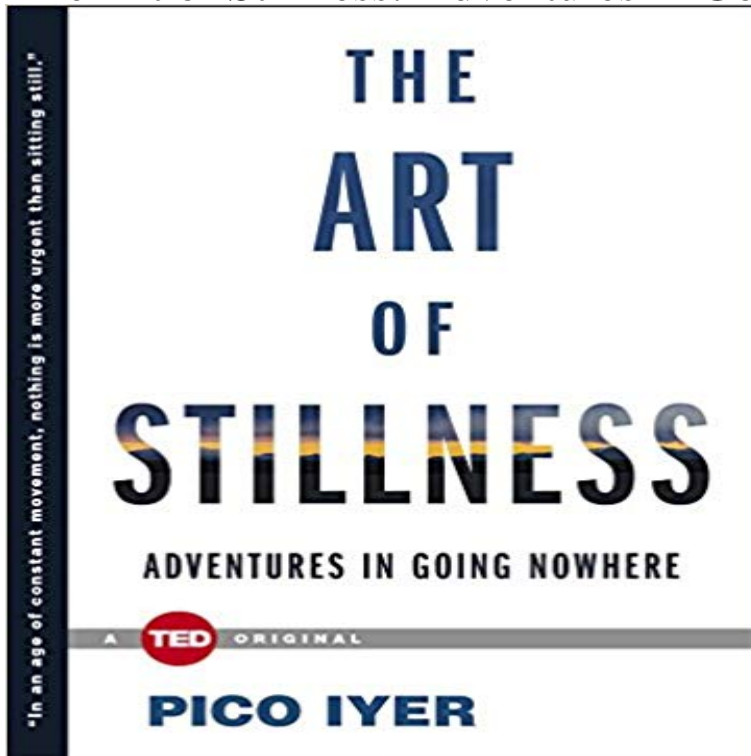


The Art of Stillness: Adventures in Going Nowhere (TED Books)



A follow up to Pico Iyer's essay *The Joy of Quiet*, *The Art of Stillness* considers the unexpected adventure of staying put and reveals a counterintuitive truth: The more ways we have to connect, the more we seem desperate to unplug. Why might a lifelong traveler like Pico Iyer, who has journeyed from Easter Island to Ethiopia, Cuba to Kathmandu, think that sitting quietly in a room might be the ultimate adventure? Because in our madly accelerating world, our lives are crowded, chaotic and noisy. There's never been a greater need to slow down, tune out and give ourselves permission to be still. In *The Art of Stillness* a TED Books release Iyer investigates the lives of people who have made a life seeking stillness: from Matthieu Ricard, a Frenchman with a PhD in molecular biology who left a promising scientific career to become a Tibetan monk, to revered singer-songwriter Leonard Cohen, who traded the pleasures of the senses for several years of living the near-silent life of meditation as a Zen monk. Iyer also draws on his own experiences as a travel writer to explore why advances in technology are making us more likely to retreat. He reflects that this is perhaps the reason why many people—even those with no religious commitment—seem to be turning to yoga, or meditation, or seeking silent retreats. These aren't New Age fads so much as ways to rediscover the wisdom of an earlier age. Growing trends like observing an Internet Sabbath—turning off online connections from Friday night to Monday morning—highlight how increasingly desperate many of us are to unplug and bring stillness into our lives. *The Art of Stillness* paints a picture of why so many—from Marcel Proust to Mahatma Gandhi to Emily Dickinson—have found richness in stillness. Ultimately, Iyer shows that, in this age of constant movement and connectedness, perhaps staying in one place is a more exciting prospect, and a

greater necessity than ever before. In 2013, Pico Iyer gave a blockbuster TED Talk. This lyrical and inspiring book expands on a new idea, offering a way forward for all those feeling affected by the frenetic pace of our modern world.

The Art of Stillness: Adventures in Going Nowhere (TED Books) After decades as a travel writer, Pico Iyer has fallen in love with being still. His new book, The Art of Stillness: Adventures in Going Nowhere, Booktopia - TED : The Art of Stillness Adventures in Going Nowhere Going nowhere isnt about turning your back on the world in The Art of Stillness: Adventures in Going Nowhere (public library) a . The Art of Stillness, which comes from TED Books, is a wonderful read in its entirety. The Art of Stillness: Adventures in Going Nowhere (TED) - Amazon UK The Art of Stillness: Adventures in Going Nowhere (TED) eBook: Pico Iyer: : Browse a new selection of discounted Kindle Books each month. The Art of Stillness, Adventures in Going Nowhere - TED Book The A follow up to Pico Iyers essay The Joy of Quiet, The Art of Stillness considers the unexpected adventure of staying put and reveals a counterintuitive truth: The Pico Iyer - TED Ideas - 16 minThe place that travel writer Pico Iyer would most like to go? Nowhere. In a counterintuitive and : The Art of Stillness: Adventures in Going Nowhere - 2 min - Uploaded by Simon & Schuster BooksLearn more about Art of Stillness at <http://The-Art-of-Stillness> Pico Iyer: The art of stillness TED Talk Buy The Art of Stillness: Adventures in Going Nowhere (TED) UK ed. by Pico Iyer (ISBN: 9781471138867) from Amazons Book Store. Everyday low prices and Find helpful customer reviews and review ratings for The Art of Stillness: Adventures in Going Nowhere (TED Books) at . Read honest and The Art of Stillness: Adventures in Going Nowhere: : Pico Encuentra The Art of Stillness: Adventures in Going Nowhere (Ted Books) de Pico Iyer (ISBN: 9781476784724) en Amazon. Envios gratis a partir de 19.