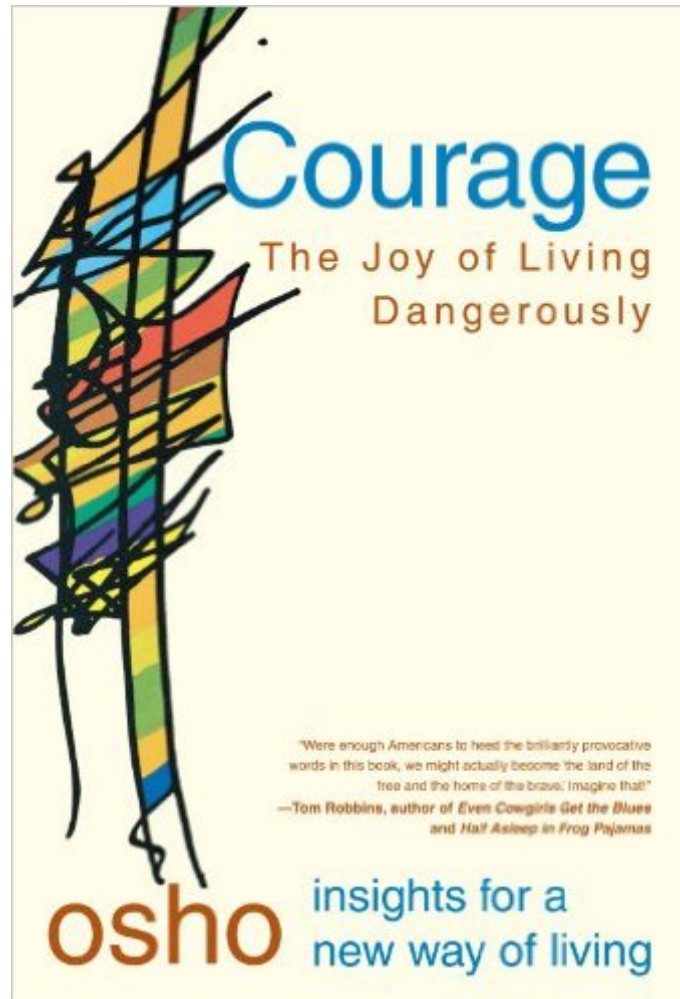


The book was found

Courage: The Joy Of Living Dangerously



Synopsis

Courage is not the absence of fear, says Osho. It is, rather, the total presence of fear, with the courage to face it. This book provides a bird's-eye view of the whole terrain-where fears originate, how to understand them, and how to find the courage to face them. In the process, Osho proposes that whenever we are faced with uncertainty and change in our lives, it is actually a cause for celebration. Instead of trying to hang on to the familiar and the known, we can learn to enjoy these situations as opportunities for adventure and for deepening our understanding of ourselves and the world around us. The book begins with an in-depth exploration of the meaning of courage and how it is expressed in the everyday life of the individual. Unlike books that focus on heroic acts of courage in exceptional circumstances, the focus here is on developing the inner courage that enables us to lead authentic and fulfilling lives on a day-to-day basis. This is the courage to change when change is needed, the courage to stand up for our own truth, even against the opinions of others, and the courage to embrace the unknown in spite of our fears-in our relationships, in our careers, or in the ongoing journey of understanding who we are and why we are here. Courage also features a number of meditation techniques specifically designed by Osho to help people deal with their fears.

Book Information

Series: Osho Insights for a New Way of Living

Paperback: 208 pages

Publisher: St. Martin's Griffin; 1st Ed., Nov 1999 edition (October 27, 1999)

Language: English

ISBN-10: 0312205171

ISBN-13: 978-0312205171

Product Dimensions: 5.5 x 0.6 x 8.2 inches

Shipping Weight: 7.8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars Â Â See all reviews Â (130 customer reviews)

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Customer Reviews

Osho's words encourage us while at the same time lightening our burdens with humor. It's ok to be uncertain, he tells us; life is uncertain. It's ok to be insecure; nothing in life is secure. All is subject to

change, and if we can be better at accepting reality, at being one with whatever happens, by being observers of life rather than constantly trying to control things, then life's ups and downs lose their hold on us and we achieve a joyful inner state. Here are some of his points to help us get to that state:1) Courage means pushing ahead despite the fear you're feeling;2) Listen to life, don't expect life to listen to you or your logic, and that means knowing when to yield in the face life's storms;3) Go with your heart and gamble on the unknown rather than using your head to always play it safe;4) Be open to spontaneity and the vulnerability that might come with it rather than operating through ready-made conclusions, especially when you have not even explored the possibilities.5) You may have great doubts, but if you can forge ahead despite these doubts you must also have great trust. You have to learn to go with your experience of life rather than your analysis of it (i.e., with the eyes of your heart rather than with the legs of your intellect), and that's how your trust begins to overcome the doubts.

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