

The Art Of Travel Alain De Botton

Bestselling author Alain de Botton considers how our private homes and public edifices influence how we feel, and how we could build dwellings in which we would stand a better chance of happiness. In this witty, erudite look at how we shape, and are shaped by, our surroundings, Alain de Botton applies Stendhal's motto that "Beauty is the promise of happiness" to the spaces we inhabit daily. Why should we pay attention to what architecture has to say to us? de Botton asks provocatively. With his trademark lucidity and humour, de Botton traces how human needs and desires have been served by styles of architecture, from stately Classical to minimalist Modern, arguing that the stylistic choices of a society can represent both its cherished ideals and the qualities it desperately lacks. On an individual level, de Botton has deep sympathy for our need to see our selves reflected in our surroundings; he demonstrates with great wisdom how buildings — just like friends — can serve as guardians of our identity. Worrying about the shape of our sofa or the colour of our walls might seem self-indulgent, but de Botton considers the hopes and fears we have for our homes at a new level of depth and insight. When shopping for furniture or remodelling the kitchen, we don't just consider functionality but also the major questions of aesthetics and the philosophy of art: What is beauty? Can beautiful surroundings make us good? Can beauty bring happiness? The buildings we find beautiful, de Botton concludes, are those that represent our ideas

of a meaningful life. The Architecture of Happiness marks a return to what Alain does best — taking on a subject whose allure is at once tantalizing and a little forbidding and offering to readers a completely beguiling and original exploration of the subject. As he did with Proust, philosophy, and travel, now he does with architecture.

From the bestselling author of Jurassic Park, Timeline, and Sphere comes a deeply personal memoir full of fascinating adventures as he travels everywhere from the Mayan pyramids to Kilimanjaro. Fueled by a powerful curiosity—and by a need to see, feel, and hear, firsthand and close-up—Michael Crichton's journeys have carried him into worlds diverse and compelling—swimming with mud sharks in Tahiti, tracking wild animals through the jungle of Rwanda. This is a record of those travels—an exhilarating quest across the familiar and exotic frontiers of the outer world, a determined odyssey into the unfathomable, spiritual depths of the inner world. It is an adventure of risk and rejuvenation, terror and wonder, as exciting as Michael Crichton's many masterful and widely heralded works of fiction.

From the author of How Proust Can Change Your Life, a delightful, truly consoling work that proves that philosophy can be a supreme source of help for our most painful everyday problems. Perhaps only Alain de Botton could uncover practical wisdom in the writings of some of the greatest thinkers of all time. But uncover he does, and the result is an unexpected book of both solace and humor. Dividing his work into six sections -- each highlighting a different psychic ailment and the appropriate philosopher -- de

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Botton offers consolation for unpopularity from Socrates, for not having enough money from Epicurus, for frustration from Seneca, for inadequacy from Montaigne, and for a broken heart from Schopenhauer (the darkest of thinkers and yet, paradoxically, the most cheering). Consolation for envy -- and, of course, the final word on consolation -- comes from Nietzsche: "Not everything which makes us feel better is good for us." This wonderfully engaging book will, however, make us feel better in a good way, with equal measures of wit and wisdom.

Accused by a former girlfriend of being unable to empathize, the narrator decides to write about the next person who walks into his life, Isabel Rogers

Do you want more free books like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. Discover the art of travel and learn how to appreciate and make the most of your next trip. Many times we find ourselves overly stressed about work, relationships, and life. During these times, we fantasize about being somewhere else and just escaping the daily grind. We set the screensavers of our computer screens to tropical destinations and imagine lying in the sand with a drink in our hands. If only we were somewhere else, our problems would no longer exist, right? Finally, we book the trip and excitement ensues. However, we soon learn the anticipation was much more exciting than the trip itself as we encounter traveling woes like long lines, crowded places, intense heat and humidity, and mosquitos! Alain de Botton, however, wants to

teach you how to travel better. Learn how to take pleasure in small things and change your perspective about common travel discomforts. Instead of groaning about the small, uncomfortable seats on the airplane, think about the miracle of flying through the clouds and seeing the world from a new perspective. With tips from past travelers and philosophers, de Botton will teach you how to appreciate your surroundings and make your traveling experiences more meaningful and memorable.

This is a book about everything you were never taught at school. It's about how to understand your emotions, find and sustain love, succeed in your career, fail well and overcome shame and guilt. It's also about letting go of the myth of a perfect life in order to achieve genuine emotional maturity. Written in a hugely accessible, warm and humane style, *The School of Life* is the ultimate guide to the emotionally fulfilled lives we all long for - and deserve. This book brings together ten years of essential and transformative research on emotional intelligence, with practical topics including: - how to understand yourself - how to master the dilemmas of relationships - how to become more effective at work - how to endure failure - how to grow more serene and resilient. Anyone who's ever lost sleep over an unreturned phone call or the neighbor's Lexus had better read Alain de Botton's irresistibly clear-headed new book, immediately. For in its pages, a master explicator of our civilization and its discontents turns his attention to the insatiable quest for status, a quest that has less to do with material comfort than with love. To demonstrate his thesis, de Botton ranges through Western history and

thought from St. Augustine to Andrew Carnegie and Machiavelli to Anthony Robbins. Whether it's assessing the class-consciousness of Christianity or the convulsions of consumer capitalism, dueling or home-furnishing, Status Anxiety is infallibly entertaining. And when it examines the virtues of informed misanthropy, art appreciation, or walking a lobster on a leash, it is not only wise but helpful. The year's best travel writing, as chosen by series editor Jason Wilson and guest editor Robert Macfarlane. An eclectic compendium of the best travel writing essays published in 2019, collected by esteemed guest editor Robert Macfarlane, author of Mountains of the Mind and Underland. The Best American Travel Writing gathers together a satisfyingly varied medley of perspectives, all exploring what it means to travel somewhere new. For the past two decades, readers have come to recognize this annual volume as the gold standard for excellence in travel writing. How can we think more deeply about our travels? This was the question that inspired Emily Thomas' journey into the philosophy of travel. Part philosophical ramble, part travelogue, The Meaning of Travel begins in the Age of Discovery, when philosophers first started taking travel seriously. It meanders forward to consider Montaigne on otherness, John Locke on cannibals, and Henry Thoreau on wilderness. On our travels with Thomas, we discover the dark side of maps, how the philosophy of space fuelled mountain tourism, and why you should wash underwear in woodland cabins... We also confront profound issues, such as the ethics of 'doom tourism' (travel to 'doomed'

glaciers and coral reefs), and the effect of space travel on human significance in a leviathan universe. The first ever exploration of the places where history and philosophy meet, this book will reshape your understanding of travel.

The bestselling author of *The Architecture of Happiness* and *The Art of Travel* spends a week at an airport in a wittily intriguing meditation on the "non-place" that he believes is the centre of our civilization. In the summer of 2009, Alain de Botton was invited by the owners of Heathrow airport to become their first ever writer-in-residence. Given unprecedented, unrestricted access to wander around one of the world's busiest airports, he met travellers from all over the globe, and spoke with everyone from baggage handlers to pilots, and senior executives to the airport chaplain. Based on these conversations he has produced this extraordinary meditation on the nature of travel, work, relationships, and our daily lives. Working with the renowned documentary photographer Richard Baker, he explores the magical and the mundane, and the interactions of travellers and workers all over this familiar but mysterious "non-place," which by definition we are eager to leave. Taking the reader through departures, "air-side," and the arrivals hall, de Botton shows with his usual combination of wit and wisdom that spending time in an airport can be more revealing than we might think. A complete guide to the vagabond approach to travel espouses taking time off from one's normal routine--for weeks to years--to discover the wonders of the world for oneself, explaining how to plan and prepare for travel, simplify one's lifestyle and adapt

to life on the road, handle travel adversity, and finally, reassimilate to ordinary life. Original. 15,000 first printing.

Interactive. Effective. And FUN! Start speaking Spanish in minutes, and learn key vocabulary, phrases, and grammar in just minutes more with Learn Spanish - Level 1: Introduction - a completely new way to learn Spanish with ease! Learn Spanish - Level 1: Introduction will arm you with language and cultural insight to utterly shock and amaze your Spanish-speaking friends and family, teachers, and colleagues. What you get in Learn Spanish - Level 1: Introduction: - 5 Basic Bootcamp lessons: dialog transcripts with translation, vocabulary, sample sentences and a grammar section - 15 All About lessons: cultural insight and insider-only tips from our teachers in each lesson - 5 Pronunciation lesson: tips and techniques on proper pronunciation Discover or rediscover how fun learning a language can be with the future of language learning, and start speaking Spanish instantly!

The news is everywhere. We can't stop constantly checking it on our computer screens, but what is this doing to our minds? We are never really taught how to make sense of the torrent of news we face every day, writes Alain de Botton (author of the best-selling *The Architecture of Happiness*), but this has a huge impact on our sense of what matters and of how we should lead our lives. In his dazzling new book, de Botton takes twenty-five archetypal news stories—including an airplane crash, a murder, a celebrity interview and a political scandal—and submits them to unusually intense

analysis with a view to helping us navigate our news-soaked age. He raises such questions as Why are disaster stories often so uplifting? What makes the love lives of celebrities so interesting? Why do we enjoy watching politicians being brought down? Why are upheavals in far-off lands often so boring? In *The News: A User's Manual*, de Botton has written the ultimate guide for our frenzied era, certain to bring calm, understanding and a measure of sanity to our daily (perhaps even hourly) interactions with the news machine. (With black-and-white illustrations throughout.)

Two authorities on popular culture reveal the ways in which art can enhance mood and enrich lives - now available in paperback This passionate, thought-provoking, often funny, and always-accessible book proposes a new way of looking at art, suggesting that it can be useful, relevant, and therapeutic. Through practical examples, the world-renowned authors argue that certain great works of art have clues as to how to manage the tensions and confusions of modern life. Chapters on love, nature, money, and politics show how art can help with many common difficulties, from forging good relationships to coming to terms with mortality.

In *On Seeing and Noticing*, Alain de Botton takes everyday concerns such as expressing sadness or being romantic and dispenses advice and observations based on the works of some of history's greatest writers, artists and thinkers.

Rachel Friedman has always been the consummate good girl who does well in school and plays it safe, so the college grad surprises no one more than herself when, on a

whim (and in an effort to escape impending life decisions), she buys a ticket to Ireland, a place she has never visited. There she forms an unlikely bond with a free-spirited Australian girl, a born adventurer who spurs Rachel on to a yearlong odyssey that takes her to three continents, fills her life with newfound friends, and gives birth to a previously unrealized passion for adventure. As her journey takes her to Australia and South America, Rachel discovers and embraces her love of travel and unlocks more truths about herself than she ever realized she was seeking. Along the way, the erstwhile good girl finally learns to do something she's never done before: simply live for the moment.

In this rigorous and supremely honest book Alain de Botton helps us navigate the intimate and exciting – yet often confusing and difficult – experience that is sex. Few of us tend to feel we're entirely normal when it comes to sex, and what we're supposed to be feeling rarely matches up with the reality. This book argues that 21st-century sex is ultimately fated to be a balancing act between love and desire, and adventure and commitment. Covering topics that include lust, fetishism, adultery and pornography, Alain de Botton frankly articulates the dilemmas of modern sexuality, offering insights and consolation to help us think more deeply and wisely about the sex we are, or aren't, having. One in the new series of books from The School of Life, launched May 2012: How to Stay Sane by Philippa Perry How to Find Fulfilling Work by Roman Krznaric How to Worry Less About Money by John Armstrong How to Change the World by John-Paul Flintoff How to Thrive in the Digital Age by Tom Chatfield How to Think More About Sex by Alain de Botton

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The bestselling author and star of ABC's Shark Tank reveals how to master the three prongs of influence: reputation, negotiation, and relationships. Have you ever wanted to make a big change in your life but weren't sure where to start? In Powershift, Daymond John shares the answer. To take control of your destiny and drive the change you want to see, you need to lay the groundwork so you're prepared to seize every opportunity that comes your way. And that means mastering - Influence--make an impression: Develop a reputation that highlights what you stand for. - Negotiation--make a deal: Hone a win-win negotiating style. - Relationships--make a connection last: Nurture those connections you make along the way. Through never-before-told stories from his life and career, Daymond shares the lessons that got him to where he is today: from how he remade his public image as he transitioned from clothing mogul to television personality, to how he mastered the negotiation strategies that determine whether deals are won or lost "in the tank," to his secrets for building long-lasting--and profitable--relationships with founders and brands. Throughout the book, some of the world's most successful personalities reveal how they shifted their power in meaningful ways: Kris Jenner on determining your value: "You don't have to go ask somebody else for permission. You have the power to be able to stick to your guns and demand your worth." Mark Cuban on finding and understanding your why: "Time is the one asset we don't own, we can't buy, and we can never get back." Pitbull on tapping into your inner power: "A lot of people feel that to be powerful is to exude strength. I think it's the total opposite. To be powerful is to be powerless. It's when you give everybody what you got." Whether you're an innovator working to turn your big idea into a reality, a professional looking to land a major promotion, or a busy parent trying to find more time to focus on what's really important to you, Daymond shows you

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how to shift your power and energy towards positive change.

A personal account of one man's determination to climb Mount Everest alone describes how the Swedish climber accomplished his goal, within days of the 1995 tragedy that took the lives of a number of fellow climbers

The Art of TravelVintage

From the international bestselling author of *The Architecture of Happiness* and *How Proust Can Change Your Life* comes this lyrical, erudite look at our world of work. We spend most of our time at work, but what we do there rarely gets discussed in the sort of lyrical and descriptive prose our efforts surely deserve. Determined to correct this lapse, armed with a poetic perspective and his trademark philosophical sharpness, Alain de Botton heads out into the world of offices and factories, ready to take in the beauty, interest, and sheer strangeness of the modern workplace. De Botton spends time in and around some less familiar work environments, including warehouses, container ports, rocket launch pads, and power stations, and follows scientists, landscape painters, accountants, cookie manufacturers, therapists, entrepreneurs, and aircraft salesmen as they do their jobs. Along the way, de Botton tries to answer some of the most urgent questions we can pose about work: Why do we do it? What makes it pleasurable? What is its meaning? To what end do we daily exhaust not only ourselves but also our planet? Equally intrigued by work's pleasures and its pains, Alain de Botton offers a characteristically lucid and witty tour of the working day and night, in a book sure to inspire a range of life-changing and wise thoughts.

Traces the ups and downs in the relationship of Alice and Eric, complete with drawings and diagrams and a chorus of thinkers about love--from Descartes to Aretha Franklin

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Alain de Botton combines two unlikely genres--literary biography and self-help manual--in the hilarious and unexpectedly practical *How Proust Can Change Your Life*. Who would have thought that Marcel Proust, one of the most important writers of our century, could provide us with such a rich source of insight into how best to live life? Proust understood that the essence and value of life was the sum of its everyday parts. As relevant today as they were at the turn of the century, Proust's life and work are transformed here into a no-nonsense guide to, among other things, enjoying your vacation, reviving a relationship, achieving original and unclichéd articulation, being a good host, recognizing love, and understanding why you should never sleep with someone on a first date. It took de Botton to find the inspirational in Proust's essays, letters and fiction and, perhaps even more surprising, to draw out a vivid and clarifying portrait of the master from between the lines of his work. Here is Proust as we have never seen or read him before: witty, intelligent, pragmatic. He might well change your life.

In order to convince his son to come home, Herbert Greenleaf, a rich shipbuilder, sends the suave con man Tom Ripley to Italy, but is unaware of his son's friend's criminal activities.

Reprint.

All One Horse is a marvel-filled journey through Breyten Breytenbach's kaleidoscopic imagination. The electrifying colors and penetrating images of his paintings converse with his lyrical and satirical dream-fables. These visions and parables emerge from a mélange of cultures and traditions: African and Eastern thought, the spirit world, and the spheres of visual art, philosophy, history and politics. Breytenbach's watercolors communicate in hieroglyphs, where private conversation embraces myth and dream.

These reflections and images – clear and complex at once – are cries for human dignity and justice, are truth disguised as play. With octopus-like grace, Breytenbach pulls together worlds and watches them dance and struggle together; echoes of Afrikaans haunt his English, the fantastic melds into the quotidian, love glimmers beneath rage, the immediate rises to the universal.

“An engrossing tale [that] provides plenty of food for thought” (People, Best New Books pick), this playful, wise, and profoundly moving second novel from the internationally bestselling author of *How Proust Can Change Your Life* tracks the beautifully complicated arc of a romantic partnership. We all know the headiness and excitement of the early days of love. But what comes after? In Edinburgh, a couple, Rabih and Kirsten, fall in love. They get married, they have children—but no long-term relationship is as simple as “happily ever after.” *The Course of Love* explores what happens after the birth of love, what it takes to maintain, and what happens to our original ideals under the pressures of an average existence. We see, along with Rabih and Kirsten, the first flush of infatuation, the effortlessness of falling into romantic love, and the course of life thereafter. Interwoven with their story and its challenges is an overlay of philosophy—an annotation and a guide to what we are reading. As *The New York Times* says, “*The Course of Love* is a return to the form that made Mr. de Botton’s name in the mid-1990s....love is the subject best suited to his obsessive aphorizing, and in this novel he again shows off his ability to pin our hopes, methods,

and insecurities to the page.” This is a Romantic novel in the true sense, one interested in exploring how love can survive and thrive in the long term. The result is a sensory experience—fictional, philosophical, psychological—that urges us to identify deeply with these characters and to reflect on his and her own experiences in love. Fresh, visceral, and utterly compelling, *The Course of Love* is a provocative and life-affirming novel for everyone who believes in love. “There’s no writer alive like de Botton, and his latest ambitious undertaking is as enlightening and humanizing as his previous works” (Chicago Tribune).

A practical guide to traveling in the best way possible, featuring 20 essays for inspiration and advice in a broad range of scenarios.

"Lands of Lost Borders carried me up into a state of openness and excitement I haven't felt for years. It's a modern classic." —Pico Iyer A brilliant, fierce writer makes her debut with this enthralling travelogue and memoir of her journey by bicycle along the Silk Road—an illuminating and thought-provoking fusion of *The Places in Between*, *Lab Girl*, and *Wild* that dares us to challenge the limits we place on ourselves and the natural world. As a teenager, Kate Harris realized that the career she craved—to be an explorer, equal parts swashbuckler and metaphysician—had gone extinct. From what she could tell of the world from small-town Ontario, the likes of Marco Polo and Magellan had mapped the whole earth; there was nothing left to be discovered. Looking beyond this planet, she decided to become a scientist and go to Mars. In between

studying at Oxford and MIT, Harris set off by bicycle down the fabled Silk Road with her childhood friend Mel. Pedaling mile upon mile in some of the remotest places on earth, she realized that an explorer, in any day and age, is the kind of person who refuses to live between the lines. Forget charting maps, naming peaks: what she yearned for was the feeling of soaring completely out of bounds. The farther she traveled, the closer she came to a world as wild as she felt within. *Lands of Lost Borders* is the chronicle of Harris's odyssey and an exploration of the importance of breaking the boundaries we set ourselves; an examination of the stories borders tell, and the restrictions they place on nature and humanity; and a meditation on the existential need to explore—the essential longing to discover what in the universe we are doing here. Like Rebecca Solnit and Pico Iyer, Kate Harris offers a travel account at once exuberant and reflective, wry and rapturous. *Lands of Lost Borders* explores the nature of limits and the wildness of the self that can never fully be mapped. Weaving adventure and philosophy with the history of science and exploration, *Lands of Lost Borders* celebrates our connection as humans to the natural world, and ultimately to each other—a belonging that transcends any fences or stories that may divide us.

Alain Elkann has mastered the art of the interview. With a background in novels and journalism, and having published over twenty books translated across ten languages, he infuses his interviews with innovation, allowing them to flow freely and organically. *Alain Elkann Interviews* will provide an unprecedented window into the minds of some

of the most well-known and -respected figures of the last twenty-five years. Marco Polo Didn't Go There is a collection of rollicking travel tales from a young writer USA Today has called "Jack Kerouac for the Internet Age." For the past ten years, Rolf Potts has taken his keen postmodern travel sensibility into the far fringes of five continents for such prestigious publications as National Geographic Traveler, Salon.com, and The New York Times Magazine. This book documents his boldest, funniest, and most revealing journeys—from getting stranded without water in the Libyan desert, to crashing the set of a Leonardo DiCaprio movie in Thailand, to learning the secrets of Tantric sex in a dubious Indian ashram. Marco Polo Didn't Go There is more than just an entertaining journey into fascinating corners of the world. The book is a unique window into travel writing, with each chapter containing a "commentary track"—endnotes that reveal the ragged edges behind the experience and creation of each tale. Offbeat and insightful, this book is an engrossing read for students of travel writing as well as armchair wanderers.

Barrington Barber presents this inspiring introduction to, and revelation of, the works of Vincent Van Gogh. You can trace his artistic development from his early beginnings to the myriad of later paintings produced when Van Gogh suffered repeated hallucinations and depression.

Peopled by larger-than-life heroes and villains, charged with towering questions of good and evil, Atlas Shrugged is Ayn Rand's magnum opus: a philosophical revolution told

in the form of an action thriller—nominated as one of America’s best-loved novels by PBS’s The Great American Read. Who is John Galt? When he says that he will stop the motor of the world, is he a destroyer or a liberator? Why does he have to fight his battles not against his enemies but against those who need him most? Why does he fight his hardest battle against the woman he loves? You will know the answer to these questions when you discover the reason behind the baffling events that play havoc with the lives of the amazing men and women in this book. You will discover why a productive genius becomes a worthless playboy...why a great steel industrialist is working for his own destruction...why a composer gives up his career on the night of his triumph...why a beautiful woman who runs a transcontinental railroad falls in love with the man she has sworn to kill. Atlas Shrugged, a modern classic and Rand’s most extensive statement of Objectivism—her groundbreaking philosophy—offers the reader the spectacle of human greatness, depicted with all the poetry and power of one of the twentieth century’s leading artists.

This title takes us on a journey through the satisfactions and disappointments of travelling. Dealing with such topics as airports, exotic carpets and mini-bars it reveals the hidden motivations, expectations and complications of our voyages into the wide world.

THE SUNDAY TIMES TOP TEN BESTSELLER 'Honest, funny and dripping with witty aphorisms. Extremely entertaining and enlightening [...] all the way to

journey's end' Herald One of our greatest voices in modern philosophy, author of *The Course of Love*, *The Consolations of Philosophy*, *Religion for Atheists* and *The School of Life*, presents a travel guide with a difference - an exploration of why we travel, and what we learn along the way... Few activities seem to promise as much happiness as going travelling: taking off for somewhere else, somewhere far from home, a place with more interesting weather, customs and landscapes. But although we are inundated with advice on where to travel to, we seldom ask why we go and how we might become more fulfilled by doing so. With the help of a selection of writers, artists and thinkers - including Flaubert, Edward Hopper, Wordsworth and Van Gogh - Alain de Botton provides invaluable insights into everything from holiday romance to hotel minibars, airports to sightseeing. The perfect antidote to those guides that tell us what to do when we get there, *The Art of Travel* tries to explain why we really went in the first place - and helpfully suggest how we might be happier on our journeys. 'Delightful, profound, entertaining. I doubt if de Botton has written a dull sentence in his life' Jan Morris 'An elegant and subtle work, unlike any other. Beguiling' Colin Thubron, *The Times*

This work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it. This work is in the public

domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. To ensure a quality reading experience, this work has been proofread and republished using a format that seamlessly blends the original graphical elements with text in an easy-to-read typeface. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

This volume considers the Russian writer Bulgakov's work, *The master and Margarita*. It opens with the editor's general introduction, discussing the work in the context of the writer's oeuvre as well as its place within the Russian literary tradition. The introductory section also includes considerations of existing translations and of textual problems in the original Russian. The following sections contain several wide-ranging articles by other scholars, primary sources and background material such as letters, memoirs, early reviews and maps. Any Baedeker will tell us where we ought to travel, but only Alain de Botton will tell us how and why. With the same intelligence and insouciant charm he brought

to How Proust Can Save Your Life, de Botton considers the pleasures of anticipation; the allure of the exotic, and the value of noticing everything from a seascape in Barbados to the takeoffs at Heathrow. Even as de Botton takes the reader along on his own peregrinations, he also cites such distinguished fellow-travelers as Baudelaire, Wordsworth, Van Gogh, the biologist Alexander von Humboldt, and the 18th-century eccentric Xavier de Maistre, who catalogued the wonders of his bedroom. *The Art of Travel* is a wise and utterly original book. Don't leave home without it.

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 investigate 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. This book covers film, cable, broadcast, music, sports, publishing, social media, gaming and more.

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