“The truth knocks on the door and you say: “Go away, I’m looking for the truth,” and so it goes away. Puzzling.”

— Robert M. Pirsig, Zen and the Art of Motorcycle Maintenance

HIGHLY RECOMMENDED BOOKS

Catching the Big Fish by David Lynch

Ideas are like fish. If you want to catch little fish, you can stay in the shallow water. But if you want to catch the big fish, you’ve got to go deeper.

Expressive Writing: Words That Heal by James Pennebaker

Using expressive writing to overcome traumas and emotional upheavals, resolve issues, improve health, and build resilience.
Naikan: Gratitude, Grace, and the Japanese Art of Self-Reflection - By Gregg Krech

This collection of introductory essays, parables, and inspirations explains what Naikan is and how it can be applied to life.

HIGHLY RECOMMENDED RESOURCES


