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“Trying Not to Try navigates the confluence of two mighty rivers: the burgeoning science of the mind and the classic wisdom of China’s Taoist and Confucian traditions. This is a thoughtful, grounded book about traditions that should be better known” and more often put into practice” in the

### **April Trying Not To Try - Home | Edward Slingerland**

Trying Not To Try provides a general background to eastern philosophy in the context of "flow" and the paradox of virtue. I found the book to be confusing, without a clear point until the very end. I feel some sort of introduction that provided an overview of the author's direction would have improved the book greatly.

### **Trying Not to Try: The Art and Science of Spontaneity by**

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Trying Not to Try: Ancient China, Modern Science and the Power of Spontaneity. See the Trying Not to Try Facebook Page for more information on book events, related academic talks, reviews, and links to relevant material. New York: Crown (Random House), March 4, 2014 (295 + vi pages).

### **Trying Not to Try | Edward Slingerland**

Trying Not to Try: How to Cultivate the Paradoxical Art of Spontaneity Through the Chinese Concept of Wu-Wei “Our modern conception of human excellence is too often impoverished, cold, and bloodless.

### **Trying Not to Try: How to Cultivate the Paradoxical Art of**

trying not to try they enter wu-wei. Wu-wei is characterized by an internal sense of effortlessness and unselfconsciousness, even though the person in wuwei may actually be very active in the world.

### **Trying Not to Try by Edward Slingerland - Excerpt**

(Slingerland calls this “Stop Trying: Embracing the Uncarved Block.”) Then there’s Mencius, who basically extends Confucius’s perspective and advocates trying but not trying \*too\* hard”telling us we need to basically tend the sprouts of our goodness but not yank at the roots.

### **Trying Not to Try - +1 | Optimize**

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