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## The Path: A New Way to Think About Everything (Paperback)

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By Michael Puett, Christine Gross-Loh

Penguin Books Ltd, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. The Sunday Times Top 10 and International Bestseller: Ancient Chinese philosophy for modern life from Harvard's most popular professor The first book of its kind, The Path offers a profound guide to living well through making small changes to our everyday routines. Covering subjects from decision-making to relationships, it shows how actions from greeting others and playing with children to running meetings can be opportunities to become happier and more productive. The authors show that we live well not by finding ourselves and slavishly following a grand plan, as so much of Western thought would have us believe, but rather through a path of self-cultivation and engagement with the world. Believing in a true self only restricts what we can become - and tiny changes, from how we think about careers to how we talk to our family, can start to have powerful effects that will open up constellations of new possibilities. Professor Michael Puett's course in Chinese philosophy has taken Harvard by storm. In The Path, he and journalist Christine Gross-Loh make this timeless wisdom accessible to everyone for the first time.



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### Reviews

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