

A RETURN TO INNOCENCE

*Dear Parents, I
know that I
will grow up to
be a doctor and
save lives.*

Philosophical Guidance
In An Age Of Cynicism

JEFFREY M. SCHWARTZ, M.D.

with Annie Gottlieb and Patrick Buckley

A Return To Innocence Philosophical Guidance In An Age Of Cynicism

David Kirk



A Return To Innocence Philosophical Guidance In An Age Of Cynicism:

A Return to Innocence Jeffrey M. Schwartz, Annie Gottlieb, 1998-09-23 On the verge of a new millennium in an age of unprecedented affluence personal freedom and scientific power millions of us young and not so young find ourselves emotionally and morally adrift Even as our mastery of the material world reaches new heights almost daily mastery of the inner world of our own actions emotions and deepest hopes often tragically eludes our grasp As families come apart adults become bitter and emotionally detached Children fall prey to a culture of sex and drugs cynical materialism and self destructive nihilism It increasingly seems that in the piercing words of Jesus we have gained the whole world and lost our own souls In *A Return to Innocence* psychiatrist and neuroscientist Jeffrey M Schwartz a Jewish student of both Buddhist meditation and Christian philosophy combines 3 000 years of wisdom with cutting edge brain and behavioral research to guide us in recovering our souls our safety our integrity and our capacity to love After a 35 year experiment in unbridled self gratification that has left a burden of tremendous suffering in its wake at last we are ready to understand that innocence in its original meaning of not harming is actually the highest and most difficult of human achievements The lost art of self command that empowers us not to harm ourselves or one another is the core teaching of humanity s greatest spiritual masters including Moses Jesus and Buddha If we value our children our culture even our very freedom we must return to true innocence as our source of inner lightness clarity and spiritual power A practical path to this wellspring of inner purity was mapped out 2 500 years ago by Gotama Buddha in Dr Schwartz s view the greatest psychologist who ever lived whose still fresh insights into human nature can serve as a bridge joining the wisdom of the Bible to the discoveries of 21st century science A deeply felt thought provoking exchange of letters between spiritual coach Dr Schwartz and sixteen year old Patrick Buckley the son of a single mother frames this fascinating powerful code for living that shows how the best in each of us can thrive Spiritual and philosophical ideas become hands on tools for dealing with real life dilemmas as Dr Schwartz addresses Patrick s urgent questions about morality responsibility and freedom of choice This book offers an empowering combination of hope inspiration accurate information about the biology of human nature as well as desperately needed guidance for keeping that nature on a life affirming path To everyone young and old *A Return to Innocence* offers dynamic concrete solutions for the pain in our hearts the fear in our streets and the cynicism that has corroded our ideals It speaks directly to our longing for a decent meaningful and fulfilling life The traditional values that made civilization possible were thought to be outrageously radical and daring when they were first introduced by revolutionaries like Moses Buddha Jesus and Mohammed Yet those codes of behavior became traditional that is they got handed down from generation to generation for one simple reason they work And they work because they re based on a highly sophisticated and deeply wise understanding of human nature We often hear the phrase Knowledge is power but nowhere is it truer than when it comes to knowledge of ourselves Are we humans primarily driven or drivers Are we blameless puppets of our genes our hormones our childhoods or

do we have the power and so the responsibility to choose what we will do In our day and age everyone wants to be or at least appear to be streetwise experienced cool and cynical What people don't realize is that the source of the word innocent is a place of great power It comes from the Latin words for not and to harm True innocence is the highest of human accomplishments Not doing harm requires the utmost in awareness effort and courage The state of the world begins right here in the state of your mind *The Volitional Brain* Benjamin Libet, Anthony Freeman, Keith Sutherland, 2000-06-08 It is widely accepted in science that the universe is a closed deterministic system in which everything can ultimately be explained by purely physical causation And yet we all experience ourselves as having the freedom to choose between alternatives presented to us we are in the driving seat The puzzling status of volition is explored in this issue by a distinguished body of scientists and philosophers *The View from Within* Jonathan Shear, Francisco J. Varela, 1999 Investigating the brain from the outside using brain scanning technology such as PET and fMRI bring great precision to results However examining the view from within the brain isn't so easy This book presents results of investigations that examines the conscious mind from the inside Positive Criminology Natti Ronel, Dana Segev, 2015-01-30 How can we best help offenders desist from crime as well as help victims heal This book engages with this question by offering its readers a comprehensive review of positive criminology in theory research and practice Positive criminology is a concept a perspective that places emphasis on forces of integration and social inclusion that are experienced positively by target individual and groups and may contribute to a reduction in negative emotions desistance from crime and overcoming the traumatic experience of victimization In essence positive criminology holds a more holistic view which acknowledges that thriving and disengagement from distress addiction mental illness crime deviance or victimization might be fostered more effectively by enhancing positive emotions and experiences rather than focusing on reducing negative attributes Each chapter in this book is written by key scholars in the related fields of criminology victimology and addiction and thus assembles varied and extensive approaches to rehabilitation and treatment These approaches share in common a positive criminology view thereby enriching our understanding of the concept and other strength based approaches to dealing with offenders and victims This edited book elaborates on positive criminology core ideas and assumptions discusses related theories and innovations and presents various benefits that this perspective can promote in the field of rehabilitation For this reason this book will be essential reading for those engaged in the study of criminology criminal justice and victimology and may also assist scholars and professionals to help offenders desist from crime and improve victims well being *Taking Parenting Public* Cornel West, Sylvia Ann Hewlett, Nancy Rankin, 2002-02-05 Taking Parenting Public makes a compelling case that parenting has become dangerously undervalued in America today It calls for a new investment both personal and public into the work of raising children and argues that we are all stockholders in the next generation With a foreword by Sylvia Ann Hewlett and Cornel West Taking Parenting Public crosses boundaries to bring together thinkers from diverse fields spanning the political spectrum It features contributions

from distinguished experts in economics political science public policy child development public health history and the media While recent books have focused on working mothers or absent fathers Taking Parenting Public is the first volume to take a comprehensive look at the common struggles of parents These essays go beyond the usual calls for more and better child care and other strategies of parent replacement to offer fresh ideas for parent replenishment ways of putting mothers and fathers back into the lives of their children not only as economic providers but also as emotional and moral providers For more information visit the National Parenting Association Web site **The Greek Praise of Poverty** William D.

Desmond,2006 William Desmond taking issue with common popular and scholarly views of the ancient Greek Cynics contends that early Cynics like Antisthenes and Diogenes were not cultural outcasts or marginal voices in classical culture rather the Cynic movement through the fourth century B C had deep and significant roots in what Desmond calls the Greek praise of poverty Desmond demonstrates that classical views of wealth were complex and allowed for the admiration of poverty and the virtues it could inspire He explains Cynicism's rise in popularity in the ancient world by exploring the set of attitudes that collectively formed the Greek praise of poverty Desmond argues that in the fifth and fourth centuries B C economic political military and philosophical thought contained explicit criticisms of wealth and praise of poverty **Dear Patrick** Jeffrey M. Schwartz, Annie Gottlieb, 2011-02-01 Dear Patrick For five years I have been witness to your struggles to grow up without a father As a family friend I can't make that up to you What I can do is stand by you and teach you how to be the kind of man you wish your father had been So begins the correspondence of two unlikely friends Patrick Buckley a sixteen year old New York City high schooler and Jeffrey M Schwartz internationally renowned neuroscientist and the critically acclaimed author of Brain Lock and The Mind and the Brain Inspired by Patrick's straight forward questions Schwartz examines the moral teachings of our greatest spiritual leaders Jesus Buddha and Moses and filters them through the lens of his cutting edge psychiatric research as well as his own experiences of childhood loneliness and loss With fierce certainty and love Schwartz provides Patrick with a blueprint for breaking free from the culture of corrosive cynicism that threatens to destroy him and for constructing a decent meaningful and fulfilling life The result is a fascinating and revolutionary new code for living born of a man and a boy who sought honor and self command in a culture of self indulgence **The Utne Reader**, 1999

Buddhist Publication Society Newsletter, 1985 **Contemporary Authors** Julie Keppen, Lisa Kumar, 2004-09 Find biographical information on more than 115 000 modern novelists poets playwrights nonfiction writers journalists and scriptwriters Sketches typically include personal information addresses career history writings work in progress biographical and critical sources authors comments and informative essays about their lives and work A softcover cumulative index is published twice per year included in subscription

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