

1. Record Nr.	UNINA9910786416403321
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Titolo	A philosophy of emptiness // Gay Watson
Pubbl/distr/stampa	London, England : , : Reaktion Books, , 2014 ©2014
ISBN	1-78023-325-6
Descrizione fisica	1 online resource (207 p.)
Disciplina	111.5
Soggetti	Emptiness (Philosophy) Existentialism - History Philosophy - History
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Cover; A Philosophy of Emptiness; Imprint Page; Contents; Introduction; One: Experience; Two: The Buddhist Philosophy of Sunyata; Three: Following the Tao; Four: Moving Westwards; Five: Philosophic Modernity; Six: Scientific Indeterminism; Seven: Artistic Emptiness; Eight: Empty Conclusions; References; Bibliography; Acknowledgements
Sommario/riassunto	We often view emptiness as a negative condition, a symptom of depression, despair, or grief-an assessment furthered by authors like Franz Kafka or the existentialists, Jean-Paul Sartre and Albert Camus. Offering an alternative view, A Philosophy of Emptiness reclaims these hollow feelings as a positive and even empowering state, an antidote to the modern obsession with substance and foundation. Digging through early and non-Western philosophy, Gay Watson uncovers a rich history of emptiness. She travels from Buddhism, Taoism, and religious mysticism to the contemporary worl