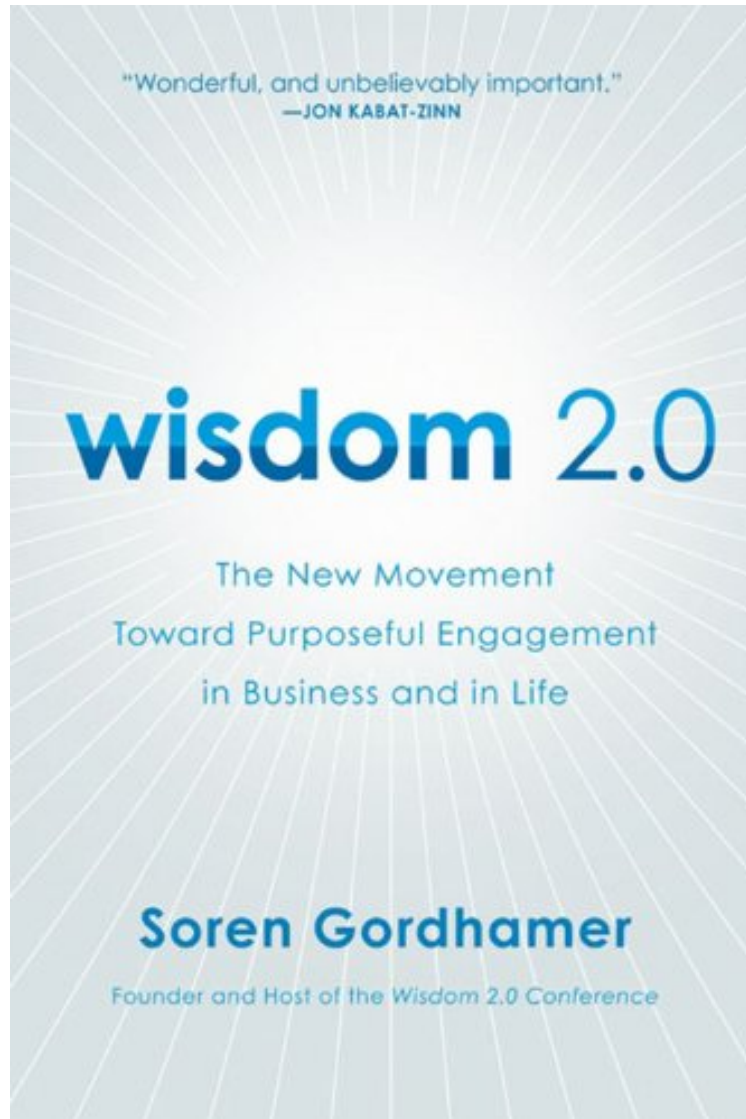


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Wisdom 2.0: Ancient Secrets for the Creative and Constantly Connected

Soren Gordhamer

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Soren Gordhamer : Wisdom 2.0: Ancient Secrets for the Creative and Constantly Connected before purchasing it in order to gage whether or not it would be worth my time, and all praised *Wisdom 2.0: Ancient Secrets for the Creative and Constantly Connected*:

0 of 0 people found the following review helpful. Great for a tech-oriented meditation/mindfulness amateurBy Alex KlibiszAs a third year computer science major staring down the barrel of a career in technology, I found the content of this book and the advice presented extremely relatable and helpful. Each chapter follows a very clear and concise

pattern: He first does a great job of presenting situations with which anyone in a technology-related or creativity-dependent field is familiar: things not working, colleagues not cooperating, feeling dependent on our gadgets, experiencing declines in creativity and productivity, etc. He then helps you realize the emotions you are really feeling, many of which are easily overlooked in the heat of a stressful or difficult moment. And finally, he presents interesting and directly applicable ways to deal with these troubling situations and emotions. Almost every chapter is also complemented with anecdotal teachings of Zen masters or just stories of his own experiences. I'm definitely a newbie when it comes to meditative and mindfulness practices, so that should be taken into account. But overall, after about a month spent reading this book off and on, I feel much more in tune with my emotions, actions, and reactions in difficult moments and I've experienced a general increase in creativity and productivity. I would definitely recommend this book for someone who feels they are succumbing to their desires for technology or connectivity or just anyone who faces difficulties in any aspect of their lives because of their careers or dependence on technology.

0 of 0 people found the following review helpful. Fast read with a lot of great insight
By BWS
In the first few chapters the content seemed a bit simplistic; a review of what I had read and heard before. The rest was a gem and really worth the time.

0 of 0 people found the following review helpful. Exceeded Expectations
By Julia Child
Original, accessible and important. Lots of wisdom in this slim volume from founder of the annual Wisdom 2.0 conference in CA.

Technology is not the answer. It is also not the problem. What matters instead? Awareness, Engagement, and Wisdom. Wisdom 2.0 addresses the challenge of our age: to not only live connected to one another through technology, but to do so in ways that are beneficial, effective, and useful.

Wisdom 2.0 is a pragmatic, creative, and fun guide to applying ancient insights to our everyday technology-rich lives. This book reveals how to utilize ordinary circumstance for real transformation.

About the Author
Soren Gordhamer is the founder and host of the Wisdom 2.0 Conference, the premier gathering of those interested in mindfulness and wisdom in modern life.