



Secular Wholeness: A Skeptic's Paths To A Richer Life

David Cortesi

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Can a skeptic reap the benefits of a religious practice? When you can't abide ideas of the supernatural, when no religious account of the world satisfies, how can you satisfy the need for depth, engagement, serenity in life?

David Cortesi, well-known as a writer on technical subjects, brings a programmer's bent for logic and scholar's research skills to the search for secular ways to:

- * Gain existential validity, the sense we have a right to exist.
- * Weave a richly connected, supportive community.
- * Gain the psychological benefits of meditation and prayer.
- * Enjoy the stability and comfort of meaningful ritual.
- * Formulate and justify a personal ethical code.
- * Prepare for deaths: our own, and those of people we love.

The book also includes wide-ranging essays on:

- * The pursuit of the mystic experience: How common is it? What is it like? What does it signify? How hard is it to reach?
- * How do we identify heroes and role models? What does that imply for us and our children?
- * What does science know about happiness? What are practical strategies for becoming happier?

The book draws as freely from recent papers in refereed journals as it does from the teachings of the Buddha, Solon, and Epicurus.

Optimistic, sometimes lyrical, but always grounded firmly in reason, *Secular Wholeness* is for anyone trying to live a deeper, more intentional life.

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