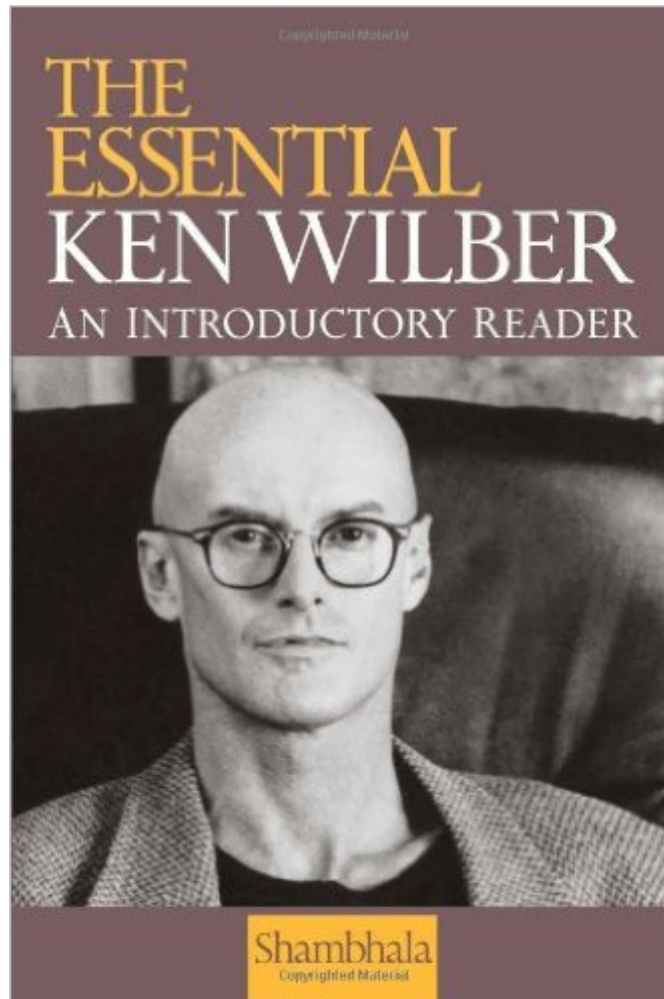


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# The Essential Ken Wilber: An Introductory Reader



## Synopsis

Ever since the publication of his first book, *The Spectrum of Consciousness*, written when he was twenty-three, Ken Wilber has been identified as the most comprehensive philosophical thinker of our times. This introductory sampler, designed to acquaint newcomers with his work, contains brief passages from his most popular books, ranging over a variety of topics, including levels of consciousness, mystical experience, meditation practice, death, the perennial philosophy, and Wilber's integral approach to reality, integrating matter, body, mind, soul, and spirit. Here is Wilber's writing at its most reader-friendly, discussing essential ideas of the world's great psychological, philosophical, and spiritual traditions in language that is lucid, engaging, and inspirational.

## Book Information

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## Customer Reviews

This book is misleadingly titled, in that it does not, in my opinion, contain the essential core of Ken Wilber's thought. It's not even a greatest hits collection. What this book is most useful for is to dip one's toe into Wilber's vast and brilliant work in order to see if it's worth one's time to more thoroughly investigate his work. If you want to take the word of many of the most profound thinkers of this time that Ken Wilber is doing some of the most comprehensive and important thinking and writing of anyone alive today, then skip this book and proceed directly to "A Brief History of Everything." That book is more like the essential Ken Wilber in that it is a succinct and accessible, but fairly comprehensive summary of his system of integral theory. "A Theory of Everything," a more recent book, is KW's own choice for the "best" introduction to his work. Both those books, although not as technical and dense as much of his lengthier work (and aimed at a more popular readership),

are still reasonably demanding and linear in exposition. "The Essential Ken Wilber" is a collection of excerpts from his other books. It is organized in bite-sized parcels that can be read and thought about, picking the book up and putting it back down, without your feeling like you have to plow through the whole thing or you'll lose the thread. It will give you a tantalizing taste of his thinking and his writing style without having to work too hard to get it. If you have read any of KW's other work, you don't need this one. Instead, buy and read any of his other books you haven't gotten to yet. If you have not yet read Ken Wilber, what's all the fuss about? This book will give you some clues.

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