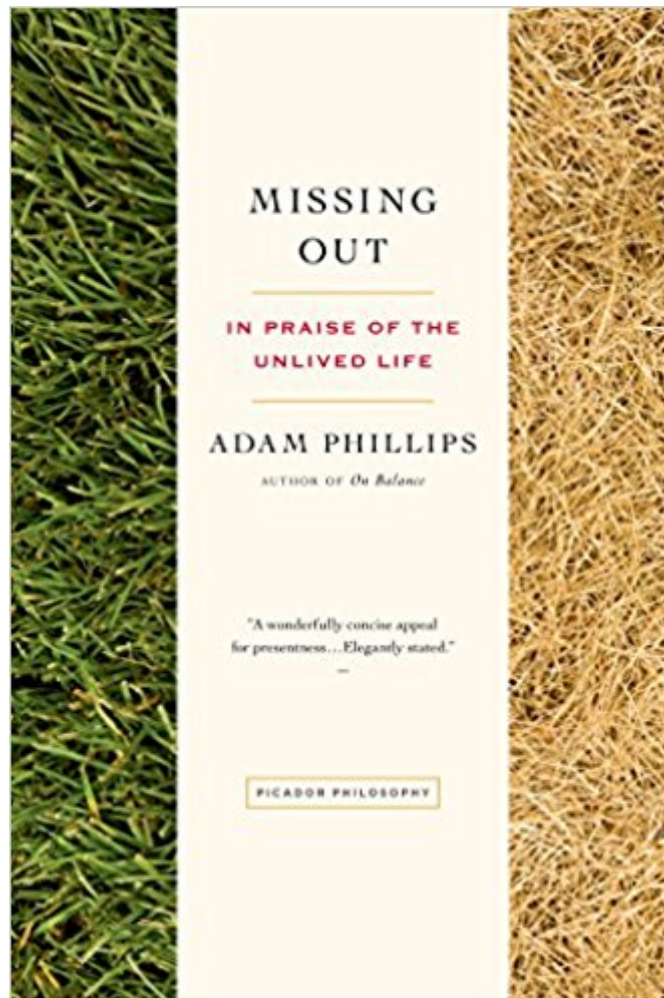




Ebook Directory
the best source of ebook

The book was found

Missing Out: In Praise Of The Unlived Life



Synopsis

A TRANSFORMATIVE BOOK ABOUT THE LIVES WE WISH WE HAD AND WHAT THEY CAN TEACH US ABOUT WHO WE ARE. All of us lead two parallel lives: the one we are actively living, and the one we feel we should have had or might yet have. As hard as we try to exist in the moment, the unlived life is an inescapable presence, a shadow at our heels. And this itself can become the story of our lives: an elegy to unmet needs and sacrificed desires. We become haunted by the myth of our own potential, of what we have in ourselves to be or to do. And this can make of our lives a perpetual game of falling short. But what happens if we remove the idea of failure from the equation? With his flair for graceful paradox, the acclaimed psychoanalyst Adam Phillips suggests that if we accept frustration as a way of outlining what we really want, satisfaction suddenly becomes possible. To crave a life without frustration is to crave a life without the potential to identify and accomplish our desires. In *Missing Out*, an elegant, compassionate, and absorbing book, Phillips draws deeply on his own clinical experience as well as on the works of Shakespeare and Freud, of D. W. Winnicott and William James, to suggest that frustration, not getting it, and getting away with it are all chapters in our unlived lives. And may be essential to the one fully lived.

Book Information

Paperback: 224 pages

Publisher: Picador (December 31, 2013)

Language: English

ISBN-10: 1250043514

ISBN-13: 978-1250043511

Product Dimensions: 5.5 x 0.6 x 8.2 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 3.0 out of 5 stars 61 customer reviews

Best Sellers Rank: #338,583 in Books (See Top 100 in Books) #293 in Books > Politics & Social Sciences > Philosophy > Social Philosophy #341 in Books > Medical Books > Psychology > Movements > Psychoanalysis #420 in Books > Health, Fitness & Dieting > Psychology & Counseling > Psychoanalysis

Customer Reviews

In *Missing Out*, Phillips seeks to render the self-punishing rigors of envisioning alternate lives—denied lives, better lives, more outrageous lives—into a normal-ish study in

badly managed life expectations. While our lives are a seesaw of frustration and fulfillment, the eventual satisfaction never quite measures up. Because of its wild ranginess, its unwillingness to be American and tell me what to think, *Missing Out* brought me a strange and maybe obvious kind of comfort. —Chore Sicha --This text refers to the Hardcover edition.

“A wonderfully concise appeal for presentness...Elegantly stated.” —The Boston Globe
“Missing Out is [Adam Phillips’s] most poetic, paradoxical, repetitive, and punning yet; he doesn’t argue in a linear fashion but nestles ideas within ideas, like Russian dolls.” —Sheila Heti, *The New York Times Book Review*
“[Adam Phillips] has an elegant prose style...with a talent for turning a phrase, a knack for epigrams.” —Los Angeles Review of Books
“Extraordinary” —Always humane, never reductive, Phillips is one of those writers whom it is a pleasure simply to hear think. —The Sunday Telegraph (London)

I will admit that the end lacked the same substance as the beginning, but the beginning makes the book worth reading. Reading the reviews I was surprised to see so many negative comments, although upon reflection, the book is obviously not for everyone. I bought it after reading Joan Acocella’s review in the *New Yorker*. She did not particularly like the book or understand it, so I figured there was probably something there. I was not disappointed.

I heard that Adam Phillips was coming to town to speak and so I investigated and this is the book I chose because it was a topic (missing out) that wove through my life and the life of so many clients. I suggest you read the book the same way that Adam suggested we listen and talk during the day we got to be with him in person: let yourself free associate. If you do, you will find your mind wandering in very useful directions. What I got out of it was the permission to live in all parts of my mind: the ‘real’ life I have now, and the ‘lost’ life that I had thought I’d have and didn’t, and the ‘imagined’ life: what I can still hope for for myself in the future. Its a worthy book! if it does have its dry moments.

This was a fascinating analytic look at our desires, wants and needs. How we satisfy our frustrations and unmet wishes. Complex but fascinating to think about!

Sheer genius and deep. Overly well written. Can help you understand yourself and your course of life.

Adam Phillips is a damn genius. Buy this book. The item came as expected and in the advertised time frame.

I'll repaste here what I just reviewed of another of his books, Unforbidden Pleasures, because the two go together. I read Adam Phillips "Missing Out". The topic and review sounded fascinating, unusual, something to broaden the thinking and challenge the mind. I was disappointed, and in reading the generous Look Inside of Unforbidden Pleasures it seems the same. Phillips seems very intelligent, extremely well read, puts a lot of work into his books, yet somehow manages to leave me wondering what insight I'm supposed to have received from what he just said. Like he can't get his words out of his own way so he can say what he thinks. Every once in a while he starts to write lucidly and you think, at last, here we go, and then he's back into muddled writing. This book sounds like another fascinating idea, and when I first started reading the Look Inside (lots of pages, presumably chosen by the author to best represent the book) I didn't even remember this was the same author, but as I read the fuzzy writing I had a sense of deja vu. Then I realized it's the same author as Missing Out. I think he has a lot to offer. I wish some very involved editor or a co-author could collaborate and get his insights clearly down on paper.

might be better for those more literary than me. interestin topic, but many literary references that i didn't have patience for

Adam takes our everyday experiences of life, ourselves and others, and peels off layer after layer - the manner in which we make sense of things, exposing the what and why beneath our attempts to satisfy our need to live without pain.

[Download to continue reading...](#)

Missing Out: In Praise of the Unlived Life Praise and Worship: The Essence of Hebrew Worship [Praise and Worship vol 1]: (Praise and Worship Series of books and audios on messianic music) Living Your Unlived Life: Coping with Unrealized Dreams and Fulfilling Your Purpose in the Second Half of Life Songs of Praise: Songs of Praise: Words edition Top Praise & Worship Instrumental Solos for Strings: Violin (Book & CD) (Top Praise & Worship Instrumental Solos: Level 2-3) Photoshop CC: The Missing Manual: Covers 2014 release (Missing Manuals) The Complete Missing Collection: Found; Sent; Sabotaged; Torn; Caught; Risked; Revealed; Redeemed (The Missing) HORROR in the WOODS: Disappearing & Missing people. Unexplained Encounters: True

Stories.: Unexplained Disappearances & Missing people. Strange & Unexplained Mysteries.
TERROR IN THE WOODS: Disappearing & Missing people. True Stories.: Unexplained
Disappearances & Missing people. Missing Person Case Files Solved: People Gone Missing and
Found Again True Stories of Mysterious Disappearances DEAD IN THE WATER; FOREVER
AWAKE. Investigating the Smiley Face Killers.: The Unexplained Disappearances, Hundreds of
Missing Men, the Unexplained Mysteries of the Missing Men: True stories. Emily: My True Story of
Chronic Illness and Missing Out On Life (Louder Than Words) Bug Out RV: The Definitive
Step-By-Step Beginner's Guide On Transforming Your Family RV Into A Bug Out Vehicle To Get
You Out Of Danger In A Disaster Sales Eats First: How Customer-Motivated Sales Organizations
Out-Think, Out-Offer, and Out-Perform the Competition Debt Free for Life: The Ultimate Guide to
Get Out of Debt (FREE Bonuses Included) (Debt, Debt Free, Debt Free Forever, Debt Free for Life,
Debt Free for Good, Debt Management, Get Out of Debt) Praise God and Thank Him: Biblical Keys
for a Joyful Life Praise the Lord: Recipes and Revelations from a Legendary Life in Barbecue
Curious?: Discover the Missing Ingredient to a Fulfilling Life A Life in Secrets: Vera Atkins and the
Missing Agents of WWII Out of Sight - Out of Mind: Declutter and Organize Every Facet of Your Life

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)