



# **Pronoia Is the Antidote for Paranoia: How the Whole World Is Conspiring to Shower You with Blessings**

*Rob Brezsny*

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Human beings are selfish, small-minded, violence-prone savages, civilization is a blight on the earth, and the rising tide of chaos ensures that everything's going to fall apart any day now. Right? Wrong, says Rob Brezsny. In *Pronoia Is the Antidote to Paranoia*, he declares evil is boring, the universe is friendly, and life is a sublime gift created for our amusement and illumination. This buoyant perspective is not rooted in denial. On the contrary, Brezsny builds a case for a "cagey optimism" that does not require a repression of difficulty, but rather, seeks a vigorous engagement with it. The best way to attract the blessings that the world is conspiring to give us, he insists, is to dive into the most challenging mysteries. This witty, inspiring how-to shows how any reader can become "a wildly disciplined, fiercely tender . . . lustfully compassionate Master of Rowdy Bliss."

The newly revised and significantly expanded—by more than a hundred pages—edition of *Pronoia* is now available (ISBN: 978-1-55643-818-9).

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