



Migglism: A Beginner's Guide to Middle Way Philosophy (Paperback)

By Robert M. Ellis

Lulu Press Inc, United Kingdom, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Migglism is a short term for Middle Way Philosophy, a practical philosophical approach developed by Robert M. Ellis in a Ph.D. thesis and a series of books. Middle Way Philosophy brings together insights from Buddhism, philosophy and psychology to offer a framework of thinking for a range of integrative practices. This book introduces these ideas in an accessible way. The Middle Way is not a compromise, but a process of navigating between dogmatic extremes. By avoiding either positive or negative claims that go beyond experience, we can find a new way of thinking, valuing and practising. Approved by the Middle Way Society. The middle is the chaotic and confusing place between the extremes. While the extremes are simpler and more attractive, it is in the mess in the middle where the interesting and creative activities occur - it is where we should be. Robert sets out a foundation for a way of thinking about the middle ground as a place to move towards. Ed Catmull, President of Pixar.

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