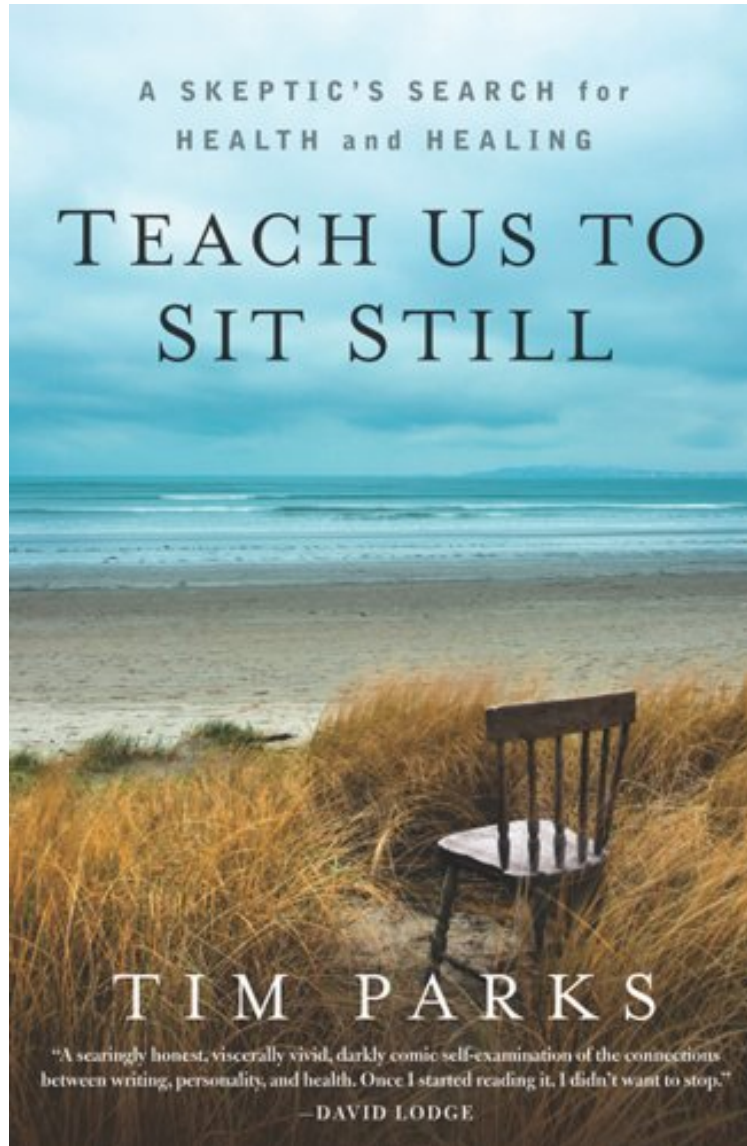


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Teach Us to Sit Still: A Skeptic's Search for Health and Healing

Tim Parks

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Tim Parks : Teach Us to Sit Still: A Skeptic's Search for Health and Healing before purchasing it in order to gage whether or not it would be worth my time, and all praised Teach Us to Sit Still: A Skeptic's Search for Health and Healing:

3 of 3 people found the following review helpful. Great thinkerBy watawkichaw Amazing book for frustrated men, which is nearly all of us. If you feel cranky, s***ty, trapped or bored with the way things are going, this book offers some really amazing insights, from a man who is going through a hellacious problem. The story of his resolve unfolds

lessons for anyone willing to listen. 2 of 2 people found the following review helpful. A wonderfully baroque journey to simply--or apparently simple--spiritual quietude. By Richard S. Moore Tim Parks is amazingly candid about his nature, aspects of which are unpleasant and egocentric, but that is part of the magic of this engaging little book. It recounts a journey toward relief from pain that is as circuitous as, say, "The Odyssey" but certainly a good deal funnier. His evocation of some of the excruciating experiences of novice meditation is sharp as a razor, as his take-down of some of the delusional experiences common to those who go to their first few retreats. I wish, for the sake of Mr. Parks, that someone had pointed out earlier in the game that there are basic guides to Buddhist meditation that would have possibly spared him some confusion. But as everyone knows who has engaged this practice--or fallen into it!--nothing whatsoever can prepare you for it. As Natalie Goldberg said to me on my ride into my first retreat, "It will knock your head off", a more complex remark than initially meets the eye. The valuable core of this book is its revelation of the amazingly intricate relations of mind to body and body to mind through the story of one man's treatment of his own pain. 4 of 4 people found the following review helpful. Excellent story on writing, pain and the power of presence. By tormodg This book is a marvellous read. Not only has Tim Parks managed to write well about his struggles with chronic pelvic pain - he also manages to put the story into an exciting context based on his own work as a teacher and writer, as well as his roles as parent and husband. The story has numerous references to classic and modern books by famous writers. Parks weaves their stories into his own quest for answers and understanding. For anyone with an interest in literature and reading, these reflections are both well written and highly relevant. This really is NOT a book on meditation, however Parks shows how meditation helped him get rid of many of the symptoms through a rather heroic undertaking where he left no stone unturned. Being a fellow sufferer of CPPS (chronic pelvic pain syndrome), Tim Parks' book has given me many interesting ideas on how to continue the search for knowledge and insight. It is a difficult condition which has been largely ignored by doctors and researchers. Yet it is a crippling problem which causes a lot of agony for many people. Tim Parks argues, through exposure, that one reason why scientists struggle with identifying the underlying causes for CPPS is that it is mostly a symptomatic affliction which may be better understood if we look to our own way of handling life's many problems. If you do not suffer from CPPS the book may not be immediately relevant. Still, it is an excellent story told by a master storyteller.

Teach Us to Sit Still by Tim Parks "Riveting . . . Parks' discoveries will fascinate not only writers but all citizens of an information age steeped in and propelled by language." The New Yorker "[Tim Parks'] prose is mordantly funny, self-conscious but never self-pitying, worldly but introspective, attuned to the needs of a soul that he considers thoroughly material and mortal. The result is an absorbing, at times inspiring, narrative of spiritual growth." Publishers Weekly, starred review

A small triumph of narrative artistry, luxuriantly written and full of bone-dry humor. The Spectator A searingly honest, viscerally vivid, darkly comic self-examination of the connections between writing, personality and health. David Lodge A mystery story written with extraordinary nerve and eloquence...The result is harrowing, mordant, and unforgettable. David Shields "A small triumph of narrative artistry, luxuriantly written and full of bone-dry humor." The Spectator "A searingly honest, viscerally vivid, darkly comic self-examination of the connections between writing, personality and health." David Lodge "A mystery story written with extraordinary nerve and eloquence...The result is harrowing, mordant, and unforgettable." David Shields About the Author TIM PARKS is the author of novels, nonfiction, and essays. He has won the Somerset Maugham, Betty Trask, and Llewellyn Rhys awards and been shortlisted for the Man Booker Prize. His works include *Destiny*, *Europa*, *Dreams of Rivers and Seas*, *Italian Neighbors*, *An Italian Education*, and *A Season with Verona*.